CHIROPRACTIC REFERENCE NOTEBOOK

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Preface

Many of the thousands of Edgar Cayce readings recommended spinal adjustment and associated chiropractic therapies. The advice was given over a period of some forty years and proved effective for a large number of patients with varying illnesses. The material presented in this first edition of the Chiropractic Reference Notebook is an attempt to acquaint those in the chiropractic profession with the broad scope of the Cayce readings which embrace healing concepts for the total man - body, mind and spirit. The readings encouraged professionals from all branches of the healing arts to participate in preventive and curative treatments. All healing is of "one force" and "all healing comes from within," as we have also been taught in chiropractic philosophy.

> "Any manner in which healing comes - whether by the laying on of hands, prayer, by a look, by the application of any mechanical influence or any of those forces in materia medica - must be of such a nature as to produce that necessary within those forces about the atomic centers of a given body for it to bring resuscitating or healing.
>
> "The Law, then, is compliance with the universal spiritual influence that awakens any atomic center to the necessity of its concurrent activity in relationship to other pathological forces or influences within a given body. Whether this is by spiritual forces, by any of the mechanical forces, it is of necessity one and the same."
>
> 281-24

As you read through the chiropractic concepts from the readings, you will find that in addition to recommending spinal manipulation, there are many types of therapies to be used before and after treatment. Nutrition, electro-therapy, physiotherapy, exercise, as well as the attitudes and emotions of the patients, were included. As a cooperating doctor, it will be up to your professional judgment what suggestions you select for each patient.

The commentaries on various diseases have been written by cooperating doctors, and these will expand as more of you donate your time and professional ability to this project. They are primarily based on circulating files, which consist of various readings on a particular disease. These files (over 200) are available without charge from the A.R.E. at your request.

Genevieve M. Haller, D.C.,
Director
Chiropractic Research Division,
Edgar Cayce Foundation.
August 6, 1973

Introduction

The Chiropractic Reference Notebook is an outgrowth of the research done by doctors who were, in turn, motivated by the stimulating insights provided by the nine thousand physical readings of the late great seer and clairvoyant, Edgar Cayce.

Who has not wished he could tap a source of universal knowledge, to look inside a situation, or a person, and be able to know what the true condition is and what brought it about and what the best course of action might be? Edgar Cayce had an ability to leave, on a mental level, the limitations of his brain and its location and to contact the subconscious of another, at his or her request, bringing back a description of the activities taking place and, further, obtaining advice as to remedies, often of an exotic nature but which, nevertheless, for those who would listen would bring a full healing for the sick, often from the edge of death.

At the time of writing, four research divisions of the Edgar Cayce Foundation exist. Each has, except for the physiotherapy sector, cooperating doctors who number in the hundreds and who, with but a few exceptions, are in a position to, and do, work with A.R.E. members requesting their help in bringing healing where the aspects of the mental and spiritual are brought into play as well as the strictly physical.

The research divisions are, at this time (8/72):

Medical Research Division
William A. McGarey, M.D., Director (Also of A.R.E. Clinic)
4018 N. 40th Street
Phoenix, Arizona 85018

Osteopathic Research Division
R. Rex Conyers, D.O., Director
1569 Lima Street
Aurora, Colorado 80010

Chiropractic Research Division
Genevieve M. Haller, D.C., Director
P.O. Box 1097
Virginia Beach, Virginia 23451

Physiotherapy Research Division
Harold J. Reilly, Ph.T., D.Sc., Director
Sun Air Farm
Moose Pac Lake
Oak Ridge, New Jersey 07438

We welcome your interest and hope that the work done by the many doctors writing what is to follow will lead you to fresh perspectives in helping your fellowman.

Robert A. Adriance,
President
Edgar Cayce Foundation

PART A

GENERAL

CHIROPRACTIC CONCEPTS IN THE CAYCE READINGS

Throughout the physical readings given by Edgar Cayce, we find a continuous thread of chiropractic concepts expressed in such terms as "subluxation," "adjustment" and "nerve pressure." In phrases such as "coordinate the cerebrospinal system" and "corrections should be made through manipulations as given by chiropractic."

Numerous times specific adjustments were recommended; at others a general coordinating of the cervical, dorso-lumbar was given. All types of conditions, disorders and diseases which affected the human body were classified by the readings with many recommendations of chiropractic concepts as the means of correction or a part of the corrective forces to be used.

Chiropractic was specified as the most effective art for a specific individual or type of condition, as in 605-1: "These we would make in a chiropractic manner." Reading 76-1 states: "The condition then to be removed first is those along the spinal column, the 9th dorsal, the 3rd and 4th lumbar, see, by chiropractic adjustment for the system."

Often the recommendation was one which offered a choice between chiropractic or osteopathy, as in 435-1: "We would advise that these corrections [1st & 2nd dorsal, 3rd, 4th and 5th cervical subluxations] be made through those offices either of the osteopathic or chiropractic profession..."

In others, the choice included neuropathic as well as chiropractic and osteopathy, as in 410-1 (female, 42, with spinal subluxation). Here Cayce gives specific additional treatment, which varies with each profession, as a necessary part of the correction. This gives us some insight into why osteopathy was more often recommended than chiropractic throughout the readings:

> "As we would find, these may be done either through osteopathic adjustments and general manipulation, or through chiropractic adjustments and through the use of the electrically driven vibrator following same.
>
> "Now, get the difference between these: If the osteopathic manipulations are given, do not use the vibrator. If the chiropractic adjustments are given only, then use the vibrator - at least every other day, evenings preferably, when retiring.
>
> "Or, there may be used the neuropathic treatments and adjustments, and with this method of treatment we would use both the vibrator and the plain violet ray - over

the areas specifically as indicated; that is, from the 8th or 9th dorsal to the base of the brain. These treatments would be used once or twice each week, while the treatments neuropathically would be given two or three times each week.

"If the chiropractic adjustments are chosen, they would be given - in the beginning - every day, for a week or ten days; then they might be given only twice or three times a week.

"... the osteopathic adjustments would require about three times a week in the beginning, and about once a week after two or three weeks.

"As to the period required for such treatments, these should be taken rather in courses; and we do not find that one would be preferable to the other, provided they are carried in the order or in the line as we have given."

410-1

Due to the growing chiropractic interest in the Cayce files and often perplexing questions regarding the frequent recommendations for osteopathy rather than chiropractic, a broader review of the readings might well be in order here.

We must bear in mind, however, the concepts of both professions at the time the readings were given (prior to 1945) as related to treating the whole man. This was the prime of chiropractics H. I. O. and/or Basic Techniques, with little between atlas and sacrum. This is evident in reading 1771-1, for a female 21 years of age (nervous system, sympathetic reaction):

"Then, we would remove the repressions or subluxations that cause repressions to nerve impulses; through osteopathic adjustments, not chiropractic; for they need to be coordinated with the lumbar, sacral and coccyx area; as well as the vegetative center. And hence should be done in a manner as to make the coordinating of the whole of the cerebrospinal system; from the subluxations which exist in the upper dorsals and lower cervicals. This should require not more than ten such adjustments."

1771-1

In another case, the readings make a distinction between manipulations (osteopathically) and adjustments (chiropractically). When asked if correction should be made osteopathically for 2363 (male, 55), for subluxation:

"As we find, only by that - of the proper or correct manipulations or adjustments chiropractically; but, for the changes as must be wrought

in the system, the manipulations and adjustments osteopathically given will bring for the system the nearer proper adjustments and coordinations in the system; for the differentiation as exists in relieving of pressure, and of setting up - through and using of the structural portions of body and the muscular forces to create coordination in eliminations - is quite different."

2363-1

Another case in which treatment had been given by a chiropractor, when an osteopath had been recommended, was 5420-1 (male, age 44). This was proven incomplete or not totally correct in a follow-up reading:

"Here we find conditions such, that it might be justly said, 'I told you so,' or the attempt to use that which would be maybe just as good.

"In the conditions existent, we find these conditions have arisen: With the character of the manipulation or massage given, with the kind of applications used, conditions have become well disturbed, without an outlet for same through their normal channels. This, again, is a very good illustration of the difference between osteopathy and chiropractic, or massage when necessary and the abilities to awaken incentives through osteopathic treatments and adjustments, which - if properly done - coincide with that necessary most within the body-physical to create proper relations in the system."

5420-2

Further clarification may be found in some of our own professional definitions and those of others during this period (1930-1940).

Chiropractic

"A system of adjustment, consisting of palpation of the spinal column to ascertain vertebral subluxations followed by the adjustment of them by hand, in order to relieve pressure upon nerves at the intervertebral formina, so that the nerve force may flow freely from the brain to the rest of the body."

Dorland

"Chiropractic is a philosophy, science and art of things natural; a system of adjusting the segments of the spinal column by hand only. For the correction of the cause of dis-ease."

Palmer

Osteopathy

"A system of therapy in which diseases are treated by manipulating the bones and by other manual manipulations

intended to restore the deranged mechanism of the body."

Dorland
21st Edition

"That system of the healing art which places the chief emphasis on the structural integrity of the body mechanism, as being the most important single factor to maintain the well-being of the organism in health and disease." (Official definition by The American Osteopathy Association. Probably used at the time of the Cayce readings.)

Dorland
21st Edition

Broader definitions of chiropractic have developed in recent years. In them we can see the concept of the whole man unfolding:

International Chiropractors' Association

"Chiropractic is that science and art which utilizes the inherent recuperative powers of the body, and deals with the relationship between the nervous system and the spinal column, including its immediate articulations, and the role of this relationship in the restoration and maintenance of health.

"The practice of chiropractic deals with the analysis of any interference with normal nerve transmission and expression, the procedure preparatory to, and complementary to the correction thereof, by an adjustment of the articulations of the vertebral column and its immediate articulations for the restoration and maintenance of health; it includes the normal regimen and rehabilitation of the patient without the use of drugs or surgery.

"The term 'analysis' is construed to include physical examination, the use of X-ray and other analytical instruments generally used in the practice of chiropractic."

American Chiropractic Association
-- Master Plan Definitions

"Chiropractic is based on the premise that the relationship between structure and function in the human body is a significant health factor and that such relationships between the spinal column and the nervous system are the most significant, since the normal transmission and expression of nerve energy are essential to the restoration and maintenance of health.

"Chiropractic shall be defined in accordance with the foregoing principles as follows:

"Chiropractic is that science and art which utilizes the inherent recuperative powers of the body and the relationship between the musculoskeletal structures and functions of the body, particularly of the spinal column and the nervous system,

in the restoration and maintenance of health.

"The practices and procedures, which may be employed by doctors of chiropractic, consistent with statutes regulating the profession in the various states are based upon the academic and clinical training received in accredited chiropractic colleges."

Chiropractic has continued research in the fields of applied Kinesiology, cranial and sacral bone movement, and/or fixation, nutritional fixations, neuro-lymphatics and neurovascular reflex, and others. This has brought to the individual physician a better scientific knowledge for applying the vast number of recommendations given in the Cayce readings. Thus, the Osteopathy recommended in Cayce's lifetime could well be the Chiropractic of today!

HELPFUL EXCERPTS FROM THE EDGAR CAYCE READINGS RELATING TO VARIOUS CONDITIONS IN WHICH CHIROPRACTIC OR OSTEOPATHIC ADJUSTMENTS AND RELATED THERAPY WERE RECOMMENDED.

CONDITION: Blindness

ETIOLOGY: "As we find here, the reflection to the optic nerve ... [was] received through the lenses of the eye itself, the sensitive forces to the brain is one of the highest vibrations of the forces within the body itself. The impingement of nerves that feed to the optic nerve and to the nerves that govern the eyesight here, you see, have so impinged and so cut off the circulation that the refuse matters and forces as used by the optic nerve have filled up the channels about the nerves that carry the sensation of sight and reflexes to the brain itself. So it is produced from the condition as arising from the first seat of branches of the supplying forces to the nerves of the eye. This has not produced, as yet, an atrophied condition of the optic nerve. It has produced a flattened force to the reflection of nerve forces through the eye itself."

ADJUSTMENTS RECOMMENDED:

"This we would do by removing first the condition as is produced in the cervicals from the 6th cervical, 4th cervical and 5th cervical. These are interlateral forces. This would be done by manipulation of chiropractic forces to adjust and to relieve the impingement here on this part of the body."

30-1 (Male, Adult)

* * * *

ETIOLOGY: "As has been given for this condition, there has been a gradual accumulation in the system from those of the character of pressure in system, causing this

film, this inflammation, over and about the eyeball itself. These have not, as yet, caused distress other than sympathetically to the optic nerve proper though the sympathetic nerves of same, especially those of the back portion, or the lens of the eye itself - have recently shown distress."

RELATED THERAPY:

"The suffering produced by the body, or in the body, may be relieved - as has been given. Not by applying vibrations directly to the eye, save those of the ordinary violet ray applied direct over a closed ball or lid, see? but the application of the ultra-violet over that region of the upper dorsal and cervical, from which the radiation comes to the nerves of the eyes and face - and by the proper manipulation and adjustments in the system.
2-3 (Male, 49)

* * * *

ETIOLOGY: "Lack of [the] circulation...encircling...the optic nerve has gradually cut off the supply of nutriment...causing scars and atrophied condition."

ADJUSTMENTS RECOMMENDED:

"With the adjustments taken of the cervical regions, taken chiropractically, we would apply the ray (violet ray), with the eye applicator, direct for two minutes."

RELATED THERAPY:

"Do this each evening. The secretions as will be produced by this condition, remove by the application of a solution of the alkaline antiseptic, that there may be no choking of the ducts that lead to and from the eliminations in the body. This we will find will assist the body and gain strength, especially for the eye that has not as yet become so involved in the condition." 3810-6 (Male, 61)

* * * *

CONDITION: Blood Humor

ETIOLOGY: "The liver, the kidneys, and the lungs show the effect of this long standing condition in the blood, and the effects of prenatal conditions for the body."

ADJUSTMENTS RECOMMENDED:

"Now, to overcome these would be first to have the condition in the dorsal and lumbar region corrected, chiropractically. Should take eighteen (18) adjustments, which should bring the body to its normal."

RELATED INFORMATION:

"After the adjustments are taken...take this as medicinal properties:

"First prepare the carrier for these, in this: To 1 gallon of rain water, add 8 ounces Wild Cherry Bark. Reduce by simmering (not boiling) to 1 quart. Strain and add 4 ounces of sugar, first dissolved in 1 ounce of very hot water. Then add this to the solution (cherry, or tea of the bark):

Syrup Compound of Sarsaparilla . . . . 2 ounces
Tincture of Stillingia . . . . . 1/2 ounce
Tincture of Yellow Dock Root . . . . . 1/2 ounce
40 minims 10% solution of Iodide of Potassium
60 minims 10% solution of Bromide of Potassium
Elixir Calasaya . . . . . 1/2 ounce
Essence Tolu in solution. . . . . 1/2 ounce

"Shake this solution well together. Then add 4 ounces pure grain alcohol. The dose of this will be teaspoonful 4 times each day...before each meal... and before retiring."

DIET: "Don't retire too soon after the evening meal is eaten. Don't sit up too late, but don't retire too soon afterward. Give full time for digestion - changing the diet from this one system diet. Not meats, especially not fat meats. Lean meat of beef or mutton may be eaten. No hog meat or any fish for this body."

RELATED THERAPY:

"Keep the intestinal tract open, even though high enemas are used; not using too much of any cathartic, but keep eliminations good.

"Rest a little in the middle of the day, see? Follow this closely, making corrections first. Do not take the medicinal properties unless the corrections are made first, for though they would assist, they would not correct the conditions in the body, unless adjustments [are] made first."

43-1 (Male, Adult)

* * * *

CONDITION: Boils

ETIOLOGY: Toxic forces

ADJUSTMENTS RECOMMENDED:

"[Specific] corrections ... to set up the drainages in the alimentary canal ... in the 3rd and 4th

dorsal, in the 3rd and 4th cervical. [Boils in the Cervical area -- specific directions are for] corrections ... done very gently [taken in specific cycles]." 486-2 (Male, 56)

* * * *

CONDITION: Catarrh

ETIOLOGY: "[It is] that in stomach and intestine that gives troubles at times, the headaches, as we see, from same catarrhal condition, as goes down or up, depending upon the pressure as is created in the blood supply."

ADJUSTMENTS RECOMMENDED:
"Then, to bring the more normal condition to this body, we would have corrected, chiropractically, or osteopathically, those conditions in the 2nd, 3rd, and 4th cervical, also in the 9th, 10th dorsal, and the 2nd lumbar; that principally giving the trouble being in the 2nd, 3rd cervical, and in 9th, 10th dorsal."

RELATED THERAPY:
"We would apply those vibrations still from that of the battery as has been given for the body [radio-active appliance], using that same vibration, though from a two-wired battery, and two bars of iron in the same solution as has been given, attaching one to the wrist, the other to the opposite ankle ... hour to two hours each evenings, and we will find, with this change, there will come the better conditions for the physical forces of the body." 599-4 (Male, 59)

* * * *

CONDITION: Cataracts

ETIOLOGY: "... there is indicated the manner in which pressures upon nerve forces through the circulation cause these anxieties - and the accumulations, as indicated, in the optic forces.

"In the nervous system these pressures are produced upon various portions of nerve, especially in the superficial nervous forces, and these, of course, maintain their activity from centers and ganglia which supply energies for the circulation, both of nerve and blood forces from the center along the cerebrospinal system."

ADJUSTMENT RECOMMENDED:

"In the neck and head, and down to the brachial centers, we would add the short wave electrical forces, to aid in breaking up the accumulations, so that the stimulated circulation by the vitamin forces, as well as relaxing of tensions through the areas from at least the 4th and 5th dorsal to the 1st cervical, may remove these tensions of the body."

RELATED THERAPY:

"First, there should not be too much adjustment - but relaxing, by wet heat, as well as dry heat, but wet heat through the lumbar and sacral areas. There will be a better circulation, not only to the alimentary canal and colon (which shows improvement) but we would keep the administrations in the supply of the energy, as through combinations of the B and B Complex vitamins. These we would keep added to the system." 5388-1 (Female, 64)

* * * *

CONDITION: Deafness

ETIOLOGY: "The nervous system ... is not in accord in all of its channels between the sympathetic, cerebrospinal and sensory nerve systems of the body. The broken cord or lesion as formed ceases to make the proper sympathetic action between the cerebrospinal and sympathetic system."

ADJUSTMENTS RECOMMENDED:

"Fifth cervical, and reflexly to the sixth dorsal."

RELATED THERAPY:

"First, we would take into the system that which would add to the rebuilding forces of the entire system, we would give this first in the system - this is a dose:

Senna	2 grains
Yellow Saffron	3 grains
Cascara (dry)	1 grain
Licorice	1 grain

"To be given either in powder or in capsules. These are given as [stimulants] to the entire body. Add to this also, this same treatment here, 1/4 grains of Dovers Powders. One of these capsules or powders should be given every other day."

DIET: "Also give to the body those properties in food values that carry more proteins or more cellular units - not meats, but fresh vegetables, especially these: beets, carrots, turnips, greens, and things of this character, not much grease with them. Once a day fruit and cereal with plenty of milk should be taken, the milk preferably warm from the cow. This diet should be taken while the treatment is being given to the body. After the medicine has been taken into the system for 14 days, that will be every other day, or seven doses, we would then relax or adjust the portions of the body along the spine as we have outlined. The cervicals and dorsals should be treated with chiropractic treatment."

89-1 (Male, Child)

* * * *

ETIOLOGY: "Disturbance in the functioning of the organs of the body."

ADJUSTMENTS RECOMMENDED:

"We would find it most beneficial - in an osteopathic or chiropractic manner - to make corrections and release the pressures in the upper dorsal and through the cervical area, allowing the flow of the circulation to the head, to the throat, and especially through the hypogastric and pneumogastric and the vagus nerves. With drainages set up in such a manner, not only would the vision be materially aided but the auditory influences would be materially helped also."

RELATED THERAPY:

"First we would have the high colonic irrigations to remove the poisons from the colon area. We would have one each week for four weeks. Then we would have one twice a month for two months. And then we would have one a month for the next four months. These should be sufficient to produce for the body the entire eliminations in these directions."

RELATED INFORMATION:

"If these [adjustments] are taken osteopathically, we would take them about three times each week for the first three or four weeks; then once a week."

516-3 (Female, 57)

* * * *

ETIOLOGY: "We find there are disturbances in the physical forces of this body. These are psychopathic in

in their nature, yet there are physical conditions which produce same. Here we find the varying effects of mental attitudes, or fear held by a body and affecting another body. That is the psychopathic effect."

ADJUSTMENTS RECOMMENDED:

"The Eustachian tube may be massaged internally and externally. The antrum may be opened through the nostril by dilation in mechanical direction, and the adjustments in the 1st, 2nd, 5th and 6th cervicals would be necessary that the relief which is brought to the channels for drainage may have sufficient impulses through nerve reaction to give the circulation and the whole of the lymph's reaction in that portion of the body to relieve same. That we would do. Not too fast, as to over irritate same."

RELATED THERAPY:

"Be mindful that there are not reactions of any infectious nature, or use cleanliness with the use of the instruments that are used in the antrum and in the hand that opens the channels along the Eustachian tube.

"Do that, and in six to nine months we will find near a normal body." 4820-1 (Male, 6)
(Good case improvement reported by D.C.)

* * * *

CONDITION: Diabetes

ETIOLOGY: Pancreas

ADJUSTMENTS RECOMMENDED:

"... coordinate the 3rd cervical, 9th dorsal, the lumbar axis and sacral with the corrections made at the 6th and 7th dorsal ... [Administer the corrections] for at least thirty to forty days; [that is,] about twice a week before you begin with the artichoke or with the application of the wet cell appliance."

RELATED THERAPY:

"Then also use the wet cell appliance. This is to be used for this body as the radio-active is ordinarily used. This is to be connected one plate to the right wrist, the other connection to the left ankle, but these should be charged and carry two solutions. Iodine should be charged in the solution. This would be regular solution though made heavy; that is, two pounds of copper sulphate in the charge

of a gallon and a half of distilled or rain water and the other ingredients, the acid and zinc, to be increased in proportions. Three ounces of tincture of iodine would be suspended in the solution and charged three amperes for at least a half an hour. This will receive the charge although it may not appear to do so. Then use also the chloride of gold sodium in the proportions of one grain to one ounce of distilled water, using three ounces for the charge. This is to pass through the solution, as these are used regularly. The one applied to the wrist should be the first connection and should be the one which passes through the solution, see? The other should be attached to the lower extremities of the body. The small plate which passes through the solution, or connected with that passing through the solution, should be the nickel, while the other should be copper, as also are the poles in solution."

DIET: "Then we would begin taking the Jerusalem artichoke. This would be prepared preferable with only Patapar paper, the juices of same mixed with the pulp and at least every other day one of these be taken. This will prevent the necessity of use of insulin for the body.

"Corrections should be made osteopathically."

5341-1 (Male, 41)

* * * *

CONDITION: Eliminations

ETIOLOGY: "[Neurological incoordination and] poor circulation."

ADJUSTMENTS RECOMMENDED:

"And we would, either chiropractically or osteopathically, make corrections of those subluxations that exist in the dorsal area as indicated. It would be better for these treatments to be kept for three to four weeks at a time, then a rest period of leaving them off for a week or two, and then begin again; continuing in this manner for a period of four to five months."

RELATED THERAPY:

Colonic Irrigations

DIET: "We would build the body up. Take the food values that make for body-building, but let them be rather alkaline-reacting. Or, an outline for the diet would be:

"Morning - citrus fruit juices; these we would have each morning. Either orange juice with lemon,

lime juice with orange, the grapefruit juices or the pulp itself may be taken; pineapple juices. Whole wheat toast, coddled egg; and at times a small portion of very crisp bacon.

"In the middle of the morning we would have a malted milk with a whole egg (white and yellow) in same, but this should be beaten very thoroughly you see. And a few drops or a teaspoonful of pure apple brandy should be added to same.

"Noons - chicken broth, or chicken, or broiled liver or tripe, or things of such natures; not too much of same, but those that are body and blood building. These may be had either with the uncut (unpolished) rice or with the other cereals or grains that may be used with such; that is, in the soups or broths. Not too much grease, but plenty of those things that make for the body-building."
929-1 (Male, 45)

* * * *

CONDITION: Emunctories

ETIOLOGY: "Hindered or prevented circulation and elimination through the kidneys proper."

ADJUSTMENTS RECOMMENDED:
"We have in the lower dorsals and upper lumbars a condition that needs to be adjusted or kept adjusted by rather the deep manipulation of muscular forces than adjusting of conditions in spinal centers to produce the elimination by stimulating the muscular forces along which the nerves travel in and about these portions, as a stimulation there stimulates the hypogastric center and stimulates the excretory forces in kidney." 2801-1 (Female, 42)

* * * *

CONDITION: Epilepsy

ETIOLOGY: "Incoordination between the sympathetic and the cerebrospinal systems ... [producing] the contraction of the nerve and muscular forces ... [and] loss of conscious[ness]."

ADJUSTMENTS RECOMMENDED:
"As indicated and shown, there is a condition in the axis at the 1st cervical, or 1st and 2nd cervical, that needs particular attention. This

should be more in the form of - not like wringing the neck, but - raising the body by the head, that it may be in an alignment. This of course, is not as much out of place in the present as it has been.

"In making the adjustment in the cervical and in the lower lumbar, as indicated, this would preferably be made with the body lying on abdomen and then standing on the right side of the body the pressure would be towards the left, see? and down, with the knuckle or with the hand. This is the main adjustment. Why? This radiation from the ganglia and plexus here causes the contraction in the caecum and the lacteal duct area." 567-4 (Male, 25)

* * * *

ETIOLOGY: "We find that these seizures, these convulsions, arise from definite lesions in the area about the lymph and emunctory pockets about the digestive system."

RELATED THERAPY:

"Apply, then, the castor oil packs over the area about the lacteal ducts of the right side. This would include the whole liver area even to the caecum on the right side, extending to the navel center ...

"Test these by the radio-clast, or the instrument usually used by the chiropractic profession to indicate position of segments. This is a very good instrument and should be used more often by other professions ...

"After using the packs five days, leave off for five days then apply again for five days, and so on."

CHIROPRACTIC ADJUSTMENTS:

"When the massage treatments are begun, begin the corrections also, but not other than just to keep the alignment in the area indicated [connections from the sixth dorsal to the first cervical must be in alignment].

"Later, we will make corrections in the ninth dorsal, sacral and the plexus of the lower spine or coccyx - which shows decided change. Don't make them, however, in the beginning."

DIET: "Be mindful of the diet. Keep away from sweets. Take quantities of foods carrying extra quantity of iodine; such as all kinds of shell fish or sea foods should be often in the diet.

"OSTEOPATHIC TYPE OF MASSAGE TO BE USED - After removing the [castor oil] pack, sponge off the area with a rather strong soda water."
3210-1 (Male, 11)

* * * *

CONDITION: Eyes (near-sightedness)

ETIOLOGY: Poor Circulation

ADJUSTMENTS RECOMMENDED:
"When we change the vibratory forces in the system, and the manipulations or the corrections are made in the cervical and upper dorsal - as are found necessary - and we have more blood supply, this will be overcome. Not by glasses would we change this, but rather by the flow of blood supply to the face, and head."

RELATED THERAPY:
"[The use] of the infrared, and this should be particularly over the cerebrospinal system and along those particular centers where all of the bones carry for the blood in its reaction; so that, not only the torso but the extremities - both front and back - should be exposed to those of the infrared ...

"Take the vibratory forces from the radio-active appliance every other day, the infrared those days when the appliance is not given."
5510-1 (Female, Adult)

* * * *

CONDITION: Feet

ETIOLOGY: Fallen Arches

ADJUSTMENTS RECOMMENDED:
"If there will be the massage from the bursa (which are in the heel, you see) - the bones just under the knee, through the muscular forces, there will be the strengthening of the arches; with, of course, the application to the arches and to the feet themselves - but these need strengthening from those areas in the upper or fore portion of the lower limbs, see? and if these are applied in the manners indicated, we will find these conditions disappearing."
1636-1 (Female, 67)

* * * *

CONDITION: Heart (angina attacks)

ETIOLOGY: Thrombosis

ADJUSTMENTS RECOMMENDED:

"If there would be a gentle relaxation osteopathically, or chiropractically, or neuropathically, we find that this would be beneficial. This should be especially in the area of the 6th and 7th dorsal, particularly ..."

DIET: "... [be] mindful that there are not too much meats taken, these should keep down the disturbances.

"Fish and fowl as meats, but not pork or beef. A little lamb. These not fried, however. No fried foods of any kind."

RELATED THERAPY:

"Use the radio-active appliance. This will bring rest - if the attachment plates are kept clean or polished, and if there is not a short circuiting of the vibrations created by the body in the appliance."

RELATED INFORMATION:

"We find that the disturbance of the circulation - fluttering of the heart, the thrombus, the condition between heart and lungs and heart and liver - arises more from the toxic forces in the alimentary canal."

1010-18 (Female, 71)

* * * *

CONDITION: Heart (brachiacardia)

ETIOLOGY: "Hindrance in the circulation in the heart forces produced by congestion over the system that as shown in the lower portion of the body where injuries have shown in the system and a shock to these that cut off elimination in the kidneys and affect this system throughout."

ADJUSTMENTS RECOMMENDED:

"To adjust conditions we would have that of the chiropractic forces as applied to the body to dilate or expand through the lung forces, so contract the muscular forces in and about the solar plexus, to stimulate through the cardiac forces, the heart action, and reduce by relaxation that in the abdominal region and that that affects the locomotories and this portion of the body." 3776-2 (Female, 67)

* * * *

CONDITION: Heart (enlarged)

ETIOLOGY: Circulatory Insufficiency

ADJUSTMENTS RECOMMENDED AND RELATED THERAPY:

"Then, as we would give in the present, we would have at least every day an adjustment - not too severe, but that which will gradually make for an alignment through the upper dorsal area - 2nd, 3rd, 4th, 5th and 6th dorsal area, throughout the area of the cardiac and secondary cardiac reflexes to the ganglia that govern the heart's action; and those vibrations through the radio-active appliance that would carry strychnine in solution in this proportion:

"Dissolve one grain in five ounces of alcohol. When used (this only in the battery, or in the anode that would be attached to the 2nd and 3rd dorsal center), the anode carrying the strychnine in solution would be attached last; or strychnine and iron would be well, though this would be hard to keep combined, for it would require changes often, but make the strychnine in solution - one grain to five ounces of eighty percent alcohol ... The other anode, or the one first attached, would be attached to the umbilical center, or the upper right portion of the umbilical center, between the pancrean area and the umbilicus, see? The small anode attach there. The large anode which passes through the solution would be attached last, at the 2nd and 3rd dorsal center.

"The adjustments would be made gently, chiropractically preferably, in the upper dorsal area - 1st, 2nd, 3rd, 4th, 5th and 6th dorsal."

4488-1 (Male, 23)

* * * *

CONDITION: Hypertension

ETIOLOGY: Bladder and Kidney

ADJUSTMENTS RECOMMENDED:

"Adjusting then chiropractically, or osteopathically, those conditions; that is, bringing them to the tautness necessary, in the upper dorsal region, sixth and fifth dorsal plexuses, the first and second lumbar plexus, and the solar plexus, and taking the vibrations that would be accorded the body from this ..."

RELATED THERAPY:

"[Wet cell appliance:] Two bars of steel (carbon

steel) half inch wide, quarter inch thick, four and a half inches long. Fasten together with a glass, or two pieces of glass between same. Copper wires, insulated, attached to each of these in one end. To the other end of the wire (copper plates, small), each of these plates would be attached to the body. One to the left ankle, the other to the right wrist. When this is being attached, or being applied to the body, the bars of steel will be in this solution.

"To one gallon of rain water, we would add:

Copper Sulphate	1 pound
Sulphuric Acid	1 ounce
Common Zinc	6 drams
Iodine in solution	1/4 ounce

"There will also be a piece of ice, or the solution will be set in ice, so that the solution will be very cold. This would be attached to the body from an hour to two hours whenever necessary. Or when the body feels overfatigued."

DIET: "Be mindful of the diets, not too heavy foods, nor too great quantities. Just keep away from too much of heavy foods, and have at least some fruit or some raw vegetables for at least two meals each day."

RELATED INFORMATION:

"Do not be overactive. Not that the body is to refrain entirely from exercise, but do not hurry too fast; do not walk up long flights of steps; do not lift heavy weights; do not push or pull things about too much. These are too much for the body's vitality at the present." 60-2 & 780-10 (Female, 51)

* * * *

CONDITION: Indigestion (nervous)

ETIOLOGY: "The liver, of course, is cold in its action, or else we wouldn't have the condition existing so much through the hepatics."

ADJUSTMENTS RECOMMENDED:

"The adjustments or treatment that has been along the spine, of course, are of assistance to the body, and would add materially to the system in its regaining its equlibrium, but with the impingements that have been found along the region of the 10th and 11th and 12th dorsals, where most of the treatment has been to her for adjustments, would be bettered if the ends that have been created, in the

nerve ends and muscular forces were given the proper incentive through medicinal properties to give the correct balance needed in the system."

RELATED THERAPY:

"We would take this. To one ounce of green ragweed we would make one pint of tea by putting this amount in one quart of water and reduced by simmering to the pint, see? Strain, then add two ounces of sugar with 2 1/2 ounces of grain alcohol, with one dram of balsam of tolu. Then with the adjustments, keep those, you see, in the system, we will rid this body of these conditions, and bring the normal action of all of the forces through the system." 100-1 (Female, Adult)

CHIROPRACTIC READINGS - GENERAL

4342-1 (F., Adult) Birth injury to lumbar and sacral regions of spine - breech birth. Also an accident to spine - four years ago on the sixteenth of September - which damaged coccyx.

3223-1 (M., 31) "Injury to spine in coccyx area which destroyed the connections between systems." Patient's problem began right after an accident on bicycle 10 years before.

4097-1 (M., Adult) "Extreme nervous tension that overtaxed the system as received through the sensory forces until the cells break here at the 1st cervical."

1428-1 (M., 30) Pressures left in the coccyx, lumbar, and dorsal areas after infection in the genitive system. Not true dementia, but incoordination. "Also those surroundings, the environs, those activities have brought about much of that which is a relative condition."

4186-1 (M., Adult) Accident impinged the centers about the 3rd lumbar. This affected the kidneys and caused uremic poisoning.

2721-1 (F., 18) "An injury to the coccyx from a fall when only about three and a half to four years old." This caused glandular dysfunction.

2465-1 (F., 28) "There has been a lesion in the lacteal duct and that as coordinating with the organs of the pelvis... The reaction to the pineal becomes so severe as to short-circuit the nerve impulse; carrying or producing a fluttering, or an engorgement in static waves to the base of the brain."

480-44 (F., 25)

Q-8. "Are there any specific manipulations that can help to relieve the haziness?"

A-8. "As indicated, the 9th dorsal and the 4th lumbar or the lumbar and sacral axis. These need to be kept or brought not only to an alignment but to a coordination in their inter-relations.

"For not only is the 4th lumbar, the axis of the pelvis, from which the pressure has been in part at times as we have indicated heretofore, the cause of an activity upon the glandular forces of the system, but the 9th dorsal is that plexus or center from which the solar plexus receives its impulses.

"Then these reactions brought to perfect alignment, then coordinant in their activity, would remove the pressure from the system.

"Now that those areas in the lumbar have been corrected more than we have had heretofore, then stimulate same for coordination with the 8th and 9th and 10th dorsal areas, for coordinant activity."

Q-9. "What is the glandular set-up of the body now as compared to that outlined in the first reading?" [See 480-3]

A-9. "It is almost entirely changed. For now we have a better coordination, or a unification of activity in the organs as related to the glands, that produce that within themselves which is the rejuvenation of the organs themselves.

"And we have the whole unification of the glandular system as related to the ductless glands, or the specific activity of the inner force of the thyroid, the activity of the inner force through the pineal, and through the inter-relationships with the pineal and the sealed glands and those above the kidneys themselves; those also in the lower portion of the brain forces. All of these are much nearer to normal."

Q-10. "The nausea and tingling sensation has reappeared since confinement. What is the cause and how can that be stopped?"

A-10. "That's just what we have been referring to, in producing the coordination between the lumbar axis (which is the brush end of the cerebrospinal as related to the vegetative or sympathetic nerve system) and the 9th dorsal center as related to the sympathetic system. These are the great centers... from which the cerebrospinal and the sympathetic system coordinate in their activity with the body -

or the impulse and reaction from the brain centers themselves.

"That's what is meant by keeping coordination between the plexus of one ganglia or center and those in another, that the attunement between same is such that their rate of pulsation, their rate of vibration, coordinate one to another."

1472-9 (F., 58) "The applications would not be too much of the corrective nature - that is, adjustment treatments - but gentle massage following the nerves from their impulse center to portions of the body where they are distributed into the connection with the superficial circulation. These will be the better; and with the electrical forces of the low vibration that bring about the attunement of the coordination between cerebrospinal and the vegetative or sympathetic system impulses."

2675-6 (M., 27) "Then, for the improvement at the present time, and under the conditions which are causing the distresses, we would, through the osteopathic manipulation - for this, we find, is more necessary than the plain adjustments of the subluxations, or of those conditions along the cerebrospinal system - the massage and the muscular movements of the osteopath are necessary in the conditions as exist, for this goes more direct to those of tissue and of nerve centers than simply the correcting of cervical, dorsal, or any of the vertebrae in the system."

5522-1 (F., 34) Q-1. "Should manipulative treatments be changed?"

A-1. "Only in the manner as has been given; that is, they may be given once each day or they may be given twice, if the latter part is gently given. As to the character, keep them nearer between the osteopathic and chiropractic in their application for in one we have adjustments as release nerve tension; as related to the nerve system in the other we have both as may be applied to muscular and nerve tension. Hence the combination here."

Q-3. "What is the organic condition of the heart?"

A-3. "Operating under the weakened condition of a relaxed nerve system, that allows an over-activity. Hence the tension as has been given that should be created, and that as is being applied through the active forces of the battery will aid most here."

5609-5 (M., 41) Q-9. "Are cervical adjustments necessary in treatment of my case?"

A-9. "To keep the proper coordination, the whole of the adjustments throughout is very good. The activity that is created in a system by adjustments should be taken into consideration for such conditions, or by one who takes treatments for any condition. Adjustments, unless there are impingements, do not relieve - but adjustments of all portions of the cerebrospinal system keep those segments, and those burses or plexus, from which radial activity goes to the whole nervous system, or from the nervous system to all organs of the body, in better accord. Hence, with any massage - with the adjustments (of course, improperly given, they are injurious - but adjustments at all at times) are beneficial to the body - anybody!"

2212-2 (Children, Abnormal)

"The development of the body should be through that of nature - to assist it, you see. That that goes in conjunction, not direct opposition to the system. That is, no secreting organ in the system should be excited above the force that is eliminated by this condition existing in the body; that is, when we eliminate by the treatment along the spine with the hands, as with the osteopath, by the manipulation, is carried to the eliminating through that of the liver, or the juices of the stomach here should not be excited to excess, else we create a reverse force in the system."

4690-1 (M., 8)

Mr. C. "Yes, we have the body here. We have some conditions in this body, [4690] we are speaking of, that are abnormal, most of which are caused by reflex condition rather than from the direct or cause producing the trouble so that the treatment, the exercises and medicinal properties used from time to time to correct this disturbance in the body have been for the reflection rather than for the direct cause producing this condition in the body which is, as we find, a misplacement of the vertebrae in the spine, you see, in the lumbar region, that at the second lumbar has been caused by the depression of the lower end of the spine. That happened when he was small, or when he was a baby when he struck his hip against something. The deflection to this portion then causes the strangulation of the [ganglia] at this place deflecting nerve energy to the various parts of the body from this, then treating the abnormal conditions expressed through the sympathetic systems from this portion of the body, causing you see, the undergrowth, the improper distribution of blood through parts of the body rebuilding the forces through all the gangulars developing at times the proper action of the lymphatic circulation through these parts causing at times an overflow at certain cycles of the blood supply through the secondary cardiac from the fifth or sixth dorsal to the head

bringing about in its reaction the rigidity through their muscular centers.

"Until we remove these conditions here along the spine, we will not form the proper rebuilding force to the rest of the system. The development of the mind has been good, which can be within itself made an extraordinary force through the susceptibilities that this body has taken on from those that have come before.

"To remove these conditions, of course, now we have many other reflex conditions throughout the body, but to bring the body to the normal condition, make its normal growth, to bring its normal weight, to relieve the depression, we would bring this to bear on the body. The use by someone understanding conditions by which such diagnosis of the anatomy of this body is undertaken and go through these channels to examine the portion, then relieve those conditions in this form and manner: Relaxation by applied heat to lumbars and lower dorsals by bringing them into perfect unison from time to time, the vertebrae here misplaced - that is, one is lower than the other. Strengthening the muscles, holding these portions of the anatomy by the manipulation along each side and we will see we will develop then the whole body.

"The body as we see is just entering the second cycle of life or in the development age. It is forming into the bony structures that if left in the condition will always produce this nervous, irritable condition and, later, a form of paralysis, if left, so do this as we have outlined."

2805-1 (M., 32)

"[These are] preventative measures, and in the use of preventatives we would eliminate the causes of these - a strain in the back, but of such natures that the effect is to the coccyx and the upper portion of the lumbar axis.

"In making administrations for help for this body, we find that massage as combined with a certain character of hydrotherapy treatments would eliminate these conditions.

"First we would begin with having about once each week, for at least six to ten weeks, the general hydrotherapy treatment including the following:

"At the beginning of each treatment there would be first a hot and cold shower, or needle spray. This would be followed by a fume bath, with Atomidine in the fume (in the proportion of a teaspoonful

of Atomidine to the pint of boiling water that would be in the container inside the cabinet, so that the fumes would settle over the body).

"Follow this with a general massage, especially along the whole of the cerebrospinal system, but of a gentle nature. Do not attempt to make adjustments, or to crack even the cervicals, in giving such a massage; but do massage with an equal combination of olive oil and tincture of myrrh, heating the oil to add the myrrh. Let the massage be made in a circular motion along either side of the spine, especially across the diaphragm area, extending almost around the body, and the same at the top of the hips. Let the massage extend all the way across these portions of the body - and in the coccyx end of the spine, this should be very gentle, but at times, especially during the first four periods, let this area of the coccyx be first relaxed with wet heat. That is, take heavy toweling and dip in a saturated solution of Epsom salts - just as much Epsom salts as will dissolve in the amount of water necessary to wet the towel, you see, and this heated. Apply this, just over the area from the top of the hip bone to the end of the spine. As it cools, then dip the towel in the hot Salts solution and apply again. Do this twice, at each period of treatment, at least for the first four times. Follow this with the gentle massaging into the body of the olive oil and tincture of myrrh."

4020-1
(M., 38)

"As we find there are those tendencies, which unless taken in time, will cause a growing disturbance. Here we find the effects of poor eliminations, with an infection that is weakening the locomotory nerves and muscular forces of the extremities. The areas of disturbance are the conditions existing in the lumbar-sacral and, at times, in the secondary cardiac or the upper dorsal centers.

"We would begin immediately having hydrotherapy treatments once each week, including the short wave treatment - one time with the application in the upper dorsal and the next time to the lumbar-sacral area or over the lumbar axis. These treatments should include occasionally, about every other week, a mild fume bath followed by a thorough massage with special reference to the locomotory centers. Occasionally, when there is the fullness in the colon, do have a colonic irrigation.

"Have the hydrotherapy treatments and massage in periods of three weeks straight running, then, a rest period from these for three weeks, and so on."

BALANCING THE NERVOUS SYSTEM

by

Genevieve M. Haller, D.C.

In the application of body mechanics to the spine for normal postural balance, and in the study of the nervous system (the relationship of the cerebrospinal with the autonomic nervous system), we, as chiropractors, are specialists. Thus, we can find approval for the principles of our profession as we evaluate the physical readings from the Edgar Cayce files.

As we correct the alignment of the spine, we are setting forth a greater potential for channeling the creative energy, or the innate intelligence of the body - even if the patient is not consciously aware of it. When we are improving the nerve flow of energy, we are creating a balance. According to the readings, the key to health is balance - in body, mind and spirit. When there is a glandular, circulatory, digestive, eliminatory, muscular, skeletal, lymphatic or nerve imbalance, then the body, as the Temple, is in no way fit to carry on its spiritual purposes in this life. It is because of this important premise, that of "balancing the cerebrospinal and the sympathetic (or vegetative) nervous system," that many quotations from the readings have been included. The following areas covered are:

1. Coordination or attunement of the nervous system
2. Manipulation
3. Reflexes (physical, emotional, mental)
4. Balance of the whole body

Coordination or Attunement of the Nervous System

First let us consider some of the definitions of disease, which the readings compare to sin.

> "For all disease is sin. Then what is necessary is to eliminate sin in the lives of individuals. [That this] requires oft the use of mechanical means of various forms is true; because that [particular] entity, that soul, is in that consciousness, and not in the consciousness that the Lord thy God is one."
> 254-114

The person identified by #3384 asked how long treatments should be continued and what their effect was on the nervous system.

> A-2. "It will be necessary to keep up the osteopathic applications in series, with a few days rest between. These adjustments are merely to attune

the centers of the body with the coordinating forces of [the] cerebrospinal and sympathetic system. Thus the body is purified or attuned so that it in itself, and nature, does the healing.

"As to how soon you may leave off the treatments, [it] depends upon how soon you can trust in your spiritual self, your mental self, to direct your physical being." 3384-2

As long as we are operating at a conscious, physical level, we must obey the laws of this world; when we can maintain a higher consciousness, we can be in tune with our Creator and manifest perfect physical health.

A number of readings emphasize the importance of nerve pressure, or a lesion in the nervous system, plus lack of proper nutriments to a part of the body, especially the glands and organs.

"Nearly all derangements, save mental, come from some center being so separated by pressure that another functioning position in the body comes either deranged by lack of nutriment received or by overstimulus and producing too much of another character ..." 1447-1

Q-7. "Is it true if the gravity centers of the body are in alignment there is no disease in that body?"

A-7. "No. For while the gravity centers of the body may be out of any order of repression, either by subluxation or sublimate, there may be the centers in a perfect alignment as we have just given, and still the glands might be lacking the impulse - from improper diet. For unless this as just stated were true, a constant diet of any ingredient would not change the organic functioning." 589-3

The readings indicate that spinal manipulation assists the system in gaining its normal equilibrium.

"It is known that each organ receives impulses from other portions of the system by the suggestive forces (sympathetic nervous system) and by circulatory forces (the cerebrospinal system and the blood supply itself). These course through the system in very close parallel activity in every single portion of the body.

"Hence stimulating the ganglia from which impulses arise - either sympathetically or functionally - must then be helpful in [the effort of] the body [toward] gaining an equilibrium." 902-1

When the readings mention the sympathetic nervous system, they often refer to it as the vegetative system. Dr. William A. McGarey has indicated that it probably means the autonomic nervous system as a whole, for the term "parasympathetic" was never mentioned. It does make you wonder what the words "suggestive forces" could mean. Perhaps these could be the energy forces we call "Chi" which traverse the acupuncture meridians, sending impulses to each organ.

One doctor asked what happened to the physiology of the body when a particular technique was used - that of Basic Technique. The answer was:

> "That portion is released so that the replenishing and rebuilding goes on; provided there is sufficient activity of the glands to secrete the impulses that operate through those portions of the organism affected by the release. Hence at times in chiropractic by the more successful operator it is found not only necessary to make basic adjustments but secondary activity also, to stimulate the gland secretion - and change the diet of the patient." 589-3

And again, diet is mentioned.

Three areas of the spine were mentioned more than any others - they are the 4th lumbar (which Edgar Cayce refers to as the axis of the pelvis), the 9th dorsal and the 3rd cervical. We might surmise that because they are close to the apex of the mechanical curves, they need postural alignment. However, the next excerpt suggests another reason why these centers were so important.

> "These are the three centers (3rd C, 9th D, 4th L) through which there is the activity of the kundalini forces that act as suggestions to the spiritual forces for distribution through the seven centers of the body." 3676-1

Further explanation of these three areas in the physical body appears in the following reading:

> "That's just what we have been referring to, in producing the coordination between the lumbar axis (which is the brush end of the cerebrospinal as related to the vegetative or sympathetic nerve system) and the 9th dorsal center as related to the sympathetic system. These are the great centers - save the vagus itself, in the dorsal and upper portion of the cervical areas - but these are the great centers from which the cerebrospinal and the sympathetic system coordinate in their activity with the body - or the impulse <u>and</u> reaction from the brain centers themselves.

"That's what is meant by keeping coordination between the plexus of one ganglia or center and those in another, that the attunement between same is such that their rate of pulsation, their rate of vibration coordinate one to another."
480-44

Manipulation

A time sequence is important in working with a patient - whether concerning what area of the spine to adjust first, or the physiotherapy and nutritional recommendations which parallel the adjustment. Do you always start by leveling the legs, adjusting the hips and working up the spine, or do you start from the atlas down? Naturally, each patient requires a personal approach.

For a male patient with epilepsy:

"Little should be applied to the spine in the beginning, but be careful that the connections from the sixth dorsal to the first cervical are in alignment...

"Later, we will make corrections in the 9th dorsal, sacral and the plexus of the lower spine or coccyx - which shows decided change. Don't make them, however, in the beginning.

"Do these for at least ten weeks." 3210-1

Using the lower limbs for leverage and to relax muscular tensions was recommended in the following readings:

"[Take] thirty minutes to relax the body, and then after the greater strain has been removed (that upon ... muscular forces), then make corrections. Don't make corrections through the first six treatments, at least, but gently relax the body - using not merely the hands but the lower limbs as a means for relaxing the muscular tensions through the body forces." 2376-7

"As to the osteopathic adjustments - we would begin, now, more in those areas that have been static; that is especially in the lumbar areas. But when giving such, these should be manipulated by the one making the adjustments holding the heel (as in the Achilles center) and making the adjustments or manipulations or movements in the lumbar and sacral area - this on either side. 849-44

Caution was frequently suggested about the force of the adjustment. Because of tension in muscles and ligaments, other therapy was sometimes recommended prior to the adjustment.

Q-2. "In having the chiropractic adjustments, where and how often?"

A-2. "These would be about every other day preferably; the chiropractic adjustments with this combination. Coordinate the lumbar centers, you see, with the upper dorsal; that is, this would cover these areas where disturbances have prevented proper activity. Do not make too sharp an adjustment but as a massage adjustment. Remember those conditions of the structural portions are not as pliable as they once were!" 765-4

Packs - before adjustment:

"The prevention of the response to the treatments as have been accorded the system is lack of touching the central portions in lesion, or being able to get the system perfectly relaxed when those corrections and those massages are given in those regions. Hence we would use heavy salt packs just before the treatments are to be given, or even while on table for treatment. Very warm, as warm as is possible for body to stand, see? This relaxation will so assist in correction as to enable the operator to 'dig in,' as it were, deeper in making the corrections, see?" 3831-1

"As we find, there have been these tendencies for undue accumulation in lymph pockets through the body, and there has been the forming of a pocket in the soft tissue in the left area below the kidney - just above the lower portion of the pelvic area. Here we have at times a tiny bit of swelling, but at other times quite a bit of pain. This reflexly causes disturbance to the activity of the kidneys, at other times in the eliminations through [the] alimentary canal. At other times it gives headaches and makes the body nervous and cross.

"The corrections that have been made from time to time in alleviating those tendencies of pressure in segments along the spine, have been materially helpful to the body and it is very well to keep these up so long as sufficient massage is given when these corrections are made, not to make the loosening of the connections between the sympathetic and cerebrospinal system too much of a shock to either one. For they will rebel at times if pushed about too much. These will cause disorders.

"But if there will be the corrections and then follow with the electrical driven vibrator, using the sponge applicator along the spine, it will be much more effective." 3610-1

The next reading shows the importance of massage along with the adjustment.

Q-7. "Should massage be osteopathic, or could it be given by some other than an osteopath?"

A-7. "Anyone that understands the anatomical structure of the body, in knowing how to coordinate the sympathetic and cerebrospinal systems in the areas indicated. These are not merely to be punched or pressed, but the ganglia - while very small - are as networks in these various areas. Hence a gentle, circular massage is needed; using only at times structural portions as leverages, but not even - of course - bruising structure."
3075-1

Reflexes

Definition:

Q-14. "Please explain what is meant by reflex."

A-14. "Pressure in an area that through the nerve system produces reflex action in organs that are involved by pressures in that area, see? As seen here: The temperature that is produced in [the] system (that is, abnormal temperature) by pressure on the sympathetic, in the cerebrospinal and sympathetic coordinating center in the coccyx area, makes for a high hepatic circulation. How? Reflexly! The temperature, then, is a reflex action. The reflex action in the glands of the system, as produced by abnormal conditions in the lacteals, causes the over-excess of activity to those of the thyroids - in cleansing the system - reflexly.

"Do as we have outlined. We will bring about the normal conditions, and much more activity of [the] physical and mental may be carried on by the body."
4872-1

As the result of an accident, the body mechanics can be disturbed and nerve pressure exists. Such disturbances can cause symptoms in the body - those pertaining to "reflexes." The Cayce readings are full of such references, and they are well worth examining. For example, 2038 created a posterior ileum by alighting from a vehicle too quickly, turning the ankle. This jolt affected the lumbar plexus, affecting the legs and circulation, which in turn affected the intestinal tract, chest, thyroid and neck. Some of the pre-suggestion questions asked were: "What causes ... pains in legs?" "What may be done to strengthen back?" "Is this a cause of the leg trouble?"

"We find that these have been caused by a

physical activity that caused a pinching, or a disturbance in the lumbar axis, in the body alighting from a vehicle; turning the limb or ankle, and more disturbance thought to be there, but a real disturbance was caused in the lumbar axis.

"And it will be found that the limbs are not of equal length, if they are measured by the body lying prone.

"This tendency for the suppression of activities through the lumbar and the sacral area has hindered the impulse of the circulation to the lower limbs. At times this causes the cold extremities, at others a numbness, an aching through the knees, and a tautness in the muscular forces above the knees - under a portion of the limb.

"Also an aching is caused in the smaller or lower portions of the cerebrospinal system, and a hindering towards the activity of the lower intestinal tract; giving a heaviness in the abdominal area, especially toward the right side - though sharp or acute pains occasionally through the lower left side.

"We find that these disturbances have produced at times such a reaction upon the nervous system as to hinder the nominal or normal reaction through the nerves along the cerebrospinal or the sympathetic system; thus a heaviness through the nape portion of the neck, through the vagus center, and a fullness at times through [the] chest - as from reflexes to the muscular forces in the area about the thyroid, and extending to the sternum portion of the breast area ...

"To remove the disturbances: We would have first, those applications of heavy salt packs across the area of the lumbar and the sacral; this of an evening or night, before there would be the osteopathic adjustments in the lumbar axis, the coccyx area, and the coordinating of the other centers - that is, at the 9th dorsal specific, the brachial center, and the vagus plexus - with those corrections as gradually made.

"This as we find should not require a great number of adjustments, but those of a rather specific nature."
2038-1

The next case is a good example of how drosses in the system and pressures from the lymph that can reflexly be responsible for the cause rather than the ganglia impinged or repressed.

"In the nervous system ... [we find] indications

of these disorders as related to the balancing of the elements in the system that make for coordination through the assimilating or digested forces as make for resuscitation, rather than impingements or irritations in the plexus or ganglia. These, through those flowing of the drosses in their improper relationship to resuscitating system, produce inflammation at times in the burses of the system in their various portions. These produce acuteness at times, but is rather of the reflex nature than of segments or ganglia, or ganglia being impinged or repressed. The activity is rather that of plethora, as the pressure, than of impingement...

"Digestive system shows for rather that of a sympathetic condition having existed through the plexuses of the hypogastric and pneumogastric. Hence those reflexes at times as come to the back of the neck, shoulders, or under the shoulders. These are reflexes from the sympathetic condition in the hypogastric and pneumogastric plexus. Also we find those conditions as make for reflexes in the right portion of the body, in the area of the lacteal ducts and glands. This is not a gland disorder; rather as of the catabolism of the system being disturbed. This produces, then, with the disturbance, an excess of eliminations through those of the hepatic circulation, and make irritations in bladder and kidney. These are reflexes, and not disturbances of the organs themselves. The unbalancing, as may be called, is that of the acidity, and the unbalancing of the elements for proper eliminations [of] gland stimulation, and the activities are effects produced - as given - in blood, nerve system and the organs as seen..."

Q-5. "What causes extreme nervousness?"

A-5. "As indicated, the bursae about the ganglia of the system, being irritated by the acid in the circulation; not the ganglia itself." 5419-1

Mental and emotional attitudes can affect the nervous system.

"For even by that of fear or of any activity upon the impulse of the secondary nerve system or the sympathetic, there may be produced in the indigent activity in ganglia such as to cause suppression to such a degree as to produce a lessening of the capacity of pulsation or impulse arising from such an area, thus producing disease in an organ or organs." 589-3

"For unless there is the turning about, these must suffer to such an extent as to become more and more

active in their disturbance to the physical forces of the body...

"Take - then - sufficient of those vibrations from the low electrical forces that are a part of thy use upon others, in the extreme nervousness, or the attending influences in which there is the desire to bring the better coordination between the sympathetic nervous forces of the body and the cerebrospinal, to attune thine own body." 589-4

The preceding reading was given to a chiropractor - and we can only guess at what the electrical forces were that he used on patients in his office practice.

The following person (female, age 71) had gout. The reading indicated that there was a nervousness that upset the impulses to the organs - again, of reflex nature.

"Much of the disturbance arises through the nervous system by the physical organism attempting to adjust itself; thus producing forms of pressure or hindrances that give the incorrect impulse to the activity of organs; thus being reflex in their nature." 2555-1

Many other readings illustrate the same points:

"We find the liver not acting at all in the manner of the excretions from same giving off to the body those properties necessary to produce assimilations in the body. Hence we find there are about those centers from which radiate the activity of the organ in its entirety - both from that of the lower portion of the 7th dorsal and to the 2nd lumbar - those conditions where incentives for reaction appear as direct pain on the nerve impulse, and the reflex to same is to head and to the whole body as an exterior reaction; that is, the appearances to the body is as of two bodies, one warring with another within its own self, or as being cramped or encased within self." 288-21

"Few may show forth ... [what is] felt in the heart with the liver bad. For twice does the blood pass through the liver to once in the heart. The liver is the clearing house for ... the blood in and out of the heart and lungs. So in the conduct of life ... think twice before you speak once - for there's only one tongue, but two eyes. There is only one heart, but seven lobes in the liver ... Use that which thou hast, and thine eye will be single in service, thy tongue will be loosed in the right direction." 341-31

Castor oil packs have been effective when applied over the liver and gall bladder, and many patients might benefit by including this therapy along with the adjustment.

Reflexes can not only affect the attitudes and emotional body, but also the mental body. Case 3426 had lapses of memory as a result of pressures on the coccyx.

"Now as we find, there are definite disturbances that are causing many of those unusual reflex activities to the mental body as well as the organic reactions that become disturbing to the body.

"These are produced from an injury to the coccyx end of the spine. This has formed a reflex in the brain center that makes for the disorders, lapses of the activity - almost amnesia, but it is not altogether of that nature - merely the semblance of same at times.

"If these pressures to the coccyx are corrected, we find that these conditions will disappear that have occurred in various other portions of the body, in reflexes to the activity of organs.

"We find that these should be corrected by a chiropractor or an osteopath who would make the proper adjustments in those areas." 3426-1

The reading also stated that the corrections in the coccyx end of the spine must be coordinated with the first five cervicals. After four or five corrections, the radio-active appliance was to be used for one hour daily to equalize distribution of energies.

The following individual was told that an accident to the coccyx region not only created over-activity in the mental body, but also produced reflex actions in the heart and circulation, and affected the thyroid and pituitary glands.

Q-14. "Please explain what is meant by reflex."

A-14. "Pressure in an area that through the nerve system produces reflex action in organs that are involved by pressures in that area, see? As seen here: The temperature that is produced in [the] system (that is, abnormal temperature) by pressure on the sympathetic, in the cerebrospinal and sympathetic coordinating center in the coccyx area, makes for a high hepatic circulation. How? Reflexly! The temperature, then, is a reflex action. The reflex action in the glands of the system, as produced by abnormal conditions in the lacteals, causes the over-excess of activity to those of the thyroids - in cleansing the system - reflexly.

"Do as we have outlined. We will bring about the normal conditions, and much more activity of physical and mental may be carried on by the body." 4872-1

The more we recognize the damage to the nervous system

through an injury to the coccyx, the more we can parallel some of the techniques involving sacro-occipital relationships. One of the most unusual cases (4514) is of a man, age 51, who complained of Tic Douloureux and was completely cured by the reccommended treatments.

There was a long-standing injury in the coccyx end of the spine and a form of strep was involved there. The pressure on the coccyx reflexly affected the solar plexus center. This acted directly with the hypogastric and pneumogastric, with pressure produced in the lower brain centers. The recommendation was to correct the condition in the end of the spine, chiropractically or osteopathically. Before the adjustment, ultra violet ray was to be applied to the solar plexus, front and back alternately for about two minutes. This was to destroy the strep forces. The sixty-four dollar question is at the end of the reading:

Q-1. "Why is the pain in the face?"

A-1. "When the central nerve system is involved, and the pressure in the cervical (as comes from the coccyx and the central plexus), and pressure produced on the hypogastric and pneumogastric, the reflex is the third facial nerve. That's seen, here." 4514-1

In my practice, I make a point of thoroughly checking every coccyx. Here is one suggestion that seems to indicate that gentle rectal contact would be helpful.

"...there should be the general massage over the area from the 2nd cervical to the last lumbar; and we would also raise the lower end of the coccyx, as this has produced the pressure that has unbalanced the impulses in the gland circulation first in the system. This would be gently raised rather than being pressed downward or sideways. The last three segments of the coccyx should be raised." 645-1

Evidently, there is a relationship between the coccyx and the 3rd cervical vertebrae that defies explanation - yet we must consider its possibilities.

"Now, as we find, there are disturbances which prevent the normal reactions between the sympathetic and cerebrospinal nervous sytem.

"The injury to the spine, in the coccyx area that happened sometime ago has destroyed those connections and coordinating centers in two particular areas...

"We find that these conditions may be materially aided. For, in most other respects, the body is very good - save in the attempt to keep the reactions allayed by a sedative or bromide - a compound bromide. These as we find have been - in a manner - detrimental to the body, so as to cause, by the character of

the bromide, further destruction of the white matter in the cerebrospinal system; that is, as to its connection in the lumbar and the coccyx area, and in the center at the third cervical ...

"We would leave off the osteopathic treatments when the Appliance is begun. Attach this Appliance each day for thirty minutes. Change the Gold Solution after fifteen treatments.

"Each day when the Appliance is removed, give a light massage - not attempting to make corrections but massage along the spine and also along the sympathetic area; that is, on the spine itself and then about an inch and one half off the spine centers, on either side particularly in the lumbar and sacral areas and from the first dorsal to the first cervical, with this combination of oils - all the body will absorb:

Olive Oil ..... 1 ounce
Peanut Oil ..... 1 ounce
Lanolin ..... 3/4 teaspoonful

"Do these and then after one month of using the Appliance - begin again with the corrective measures osteopathically; of those areas in the coccyx and lumbar and at the third cervical ...

Q-1. "Was this injury referred to a result of the bicycle accident years ago?"

A-1. "On the end of the spine and the lumbar center. This naturally caused the segment in the third cervical also to be destroyed.

"These as we find should bring better conditions for this body." 3223-1

This is a fascinating reading, for it also contains the spinal oil rub over the autonomic nervous system, which is frequently mentioned, and which follows the path of the bladder acupuncture meridian. Even though there are no references as such to the practice of acupuncture in the readings, there seems to be some relationship with that Chinese philosophy of healing. The bladder meridian is the longest of the meridians, having sixty-seven points. Massage along this line, bilaterally, with thumbs rotating in circular motions (clockwise with the right thumb and counterclockwise with the left); start opposite the 5th lumbar and slowly move upwards until you reach the 9th dorsal. At this point you change positions and stand at the head of the patient, repeating the same movements from the 1st cervical downward to the 9th dorsal. In case of a fever, you might start at the atlas and go straight down towards the sacrum.

For example, on the bladder meridian, point 10 (between 1st and 2nd cervical)and point 11 (between 1st and 2nd dorsal, near level of cardiac plexus) are used to tone the internal organs. Then there is the governing vessel meridian, which runs directly over the spinous processes of all the vertebrae; its point, #1,

is at the tip of the coccyx, an area recommended in the readings for gentle massage or raising of the segments. In fact, you cannot adjust a vertebra in the spine without literally affecting the governing vessel and the bladder meridian in some way. So acupuncture, or acupressure, as some prefer to call it, is closely related.

In a case of cerebral palsy (1461-1) the instructions are to massage equal parts of olive oil and tincture of myrrh into the centers along the cerebrospinal system, for "these will aid in bringing stability to the nerve plexus and the functioning of the muscular forces, as the vibrations are changed." Perhaps the vibrations might be interpreted as the "Chi," or energy that flows in the meridians.

To sum up this discussion on reflexes, several unusual instances are contained in the following excerpts.

A. For violent coughing and wheezing spasms:

Q-1. "How can a violent coughing and wheezing spasm be stopped quickly?"

A-1. "For this it will be best that the adjustments be made. These would be stopped quickly by pressures upon the coccyx portion of the spine and combined with those from the 3rd cervical center." 1536-1

B. To help normalize a fast heart beat:

The following case involved recommendations to keep drosses from the colon and to stimulate the segments along the cerebrospinal system from which drainages may be set up for organs of eliminations. They can be helped:

"...if there is an equal pressure held upon the segment between the last dorsal and the first lumbar and the third and fourth dorsal center. A pressure held here, one on the left, one on the right side of the cerebrospinal column, will tend to ease or drain the system ... through the abdominal area, the constant tendency for the expectancy of shortness of breath and the quick pulsation will be found to be near normal during such times. This then should be as a part of the applications when the neuropathic or chiropractic adjustments are made, and will be most beneficial. They must be held at the same time, the body prone." 1010-11

C. For a female, age 62, with gout:

"We would gradually release those pressures now, that will be found in the curving portion of the coccyx. Also when these are raised - that is, the coccyx - by the injection (of third finger) of course, into the rectum (portions of this will have to be

done) - when this is being raised, hold the finger over the 1st and 2nd cervical plexus; or else we may make too great a strain on the pressures to the head.

"Do these, and we will find improvements increasing the faster." 1433-2

Dr. George Goodheart's work, as well as that of others, involves the coccyx and occiput moving together in certain directions, upon inspiration and expiration. This facilitates the cycle of spinal fluid flow from the ventricles in the brain down to the sacral water bed, and back. Because lifting the coccyx creates enough change in the spinal fluid flow, it is necessary to use some pressure at the level of the 1st and 2nd cervical, so that there will not be too much fluid flowing up into the brain. That would make "too great a strain on the pressures to the head."

This method has been researched clinically and found to be very helpful: wearing a sterile greased glove, I insert the third finger of my left hand gently into the rectum (under the coccyx and near the location of the ganglion of impar, which joins both bilateral ganglia of the autonomic nervous system). I then ask the patient to inhale slowly, bringing energy up the spine from the coccyx through the seven glandular centers to the head. At the time of inhalation, I apply my thumb and first finger bilaterally on the spine at the level of the 1st and 2nd cervical, and use the rest of my hand to press upward and ceilingward, to help move the occiput in proper rhythm with the coccyx and sacrum. At the time of exhalation, I release pressures with both hands and ask the patient to exhale all fatigue, toxins and resentment from the body, as I slowly move my right hand, fingers down, over the spinous processes to the coccyx. Repeat five to six times.

D. Magnetic healing - for quieting effect:

A 43-year-old female (825) was mentally disturbed from toxic conditions arising from oophoritis. It was recommended that magnetic forces be applied by the doctor, using the positive or right hand "in the 1st, 2nd and 3rd cervical, while the negative or the left hand on the 4th lumbar area will create for the body a quieting effect and thus assist in the alleviating and making for the better coordinations with the nerve energies and applications to the body as received from the adjustments made." 825-1

E. Magnetic treatment:

The doctor acts as a channel of energy which flows between his hands. For a 77-year-old woman (1586), who had pain and stiffness in the kidney, the reading suggested that after manipulations were given, the magnetic treatment was to follow. It was described this way:

"Sit on the left side of the body (the patient,

you see). Place the right hand on the lower portion of the back, across the area from which the kidneys receive their impulse - which would be about the 10th, 11th, and 12th dorsal center, you see. Then place the left hand on the front of the body, just above the area where there begins the descent of the activities from the colon to the eliminating channels - or through the sphincter center; which would be about a hand's breadth (not span, but hand's breadth) from the left point of the hip bone, see - or toward the center of the body. Holding the hands in these positions for six to ten to fifteen minutes, for the magnetic vibrations from same would be most beneficial and restful to the body." 1586-1

F. 3rd cervical release:

To help drain the lymphatic system, to help relieve headaches and strain, this reflex has been used successfully over the past six years as an adjunct to exercise routines. It was given to an osteopath in the following reading:

"When the body is upon the back for the treatment, raise the head and place the fist on the 3rd cervical, and let the body rest full weight, even pressing gently - not hard, but gently - until the body does relax. Hold the fist there for a minute, two minutes ... This will drain, as it were, the whole system, setting up better eliminations throughout the whole body." 3624-1

Dr. C. Rex Conyers, head of the Osteopathic Division of the Edgar Cayce Foundation, told us a story about Dr. Andrew Still, founder of Osteopathy, who discovered this procedure while trying to get rid of a headache. It can be improvised for the patient to use himself, by using pressure with his fingers bilaterally and on the spinous of the 3rd cervical, while supine.

G. Foot reflexes:

In the circulating files on menopause, one woman was told to massage the bursae in the heel, instep and toes each day. Some of the foot reflex charts seem to indicate that the instep (going along from the bottom of the heel upward to the internal malleolus) is an area related either to the uterus or prostate. If this is the case, then it would seem logical to treat the uterus reflexly if a patient is going through a hormonal change. Also, in the case of 2038, who disturbed his lumbar axis and turned his ankle while alighting from a vehicle (he complained of numbness through the lower portion of the limb, the calf and foot), he was instructed to massage these areas to relieve the tension. Equal portions of olive oil and peanut oil were to be used. The areas suggested were:

"...from under the knee down the under side, and even into the foot and the bursae of the feet - the head, or

the Achilles bursa, and under the toes." 2038-2

(There is a reflex near the Achilles tendon and inner heel which involves the sciatic nerve.)

H. Glands:

There are references to the glands worth investigating. The first involves an 18-year-old girl who fell on her lower spine. The readings indicated that this was the cause of an emotional disturbance. Sedatives had been given to keep down her ravings. Cayce's information indicated such medication had destroyed more than it aided because some of the physical forces were not able to assimilate or eliminate properly.

> "We find that in the beginning, a pressure in the coccyx end of the spine, combined with a delayed activity in the glandular system as related to the menstrual flow, caused these nerve pressures - in the lumbar axis, in the 9th dorsal, and the pressures upon the adrenals that hinder the glands which control the emotional forces of the body as to the secondary or sensory system. These are the sources and the causes...
>
> Q-2. "What was the original cause of her condition?"
>
> A-2. "An injury to the coccyx from a fall when only about three and half to four years old." 2721-1

Although in this case the pressure on the coccyx started a series of events, the reading indicates that the adrenals control the emotional forces of the body and are related to the sensory system.

> "In the physical forces we find ... [physical conditions] of which the body should be warned. These, as we find, have to do with the eliminations, as [are] associated with the kidneys especially - or the lower hepatic circulation, and the effect same has upon the system in general; for ... these are the tendencies, and from this source those conditions as have had to do with the pressures in the sensory system, as related to the five senses of the body - these come from those conditions as exist with the glands, or capsules [adrenals], or conditions above the kidneys themselves." 2358-1

This could mean that impressions from our five senses are relayed to the brain to be interpreted via the adrenal glands. If that's the case, is it any wonder that the adrenals can be exhausted and underfunctioning in this busy, modern world of loud electrified music, blinking colored lights and constant traffic noise.

An article on stress and behavior, in the January, 1971

Scientific American, by psychologist Seymour Levine of Stanford University, mentions how the sensory system is affected by the condition of the adrenal gland. He refers to a series of studies by Robert I. Henkin of the National Heart Institute, who has demonstrated "that hormones of the adrenal cortex play a crucial role in the sensory functions in man. Patients whose adrenal gland has been removed or is functioning poorly show a marked increase in the ability to detect sensory signals, particularly in the senses of taste, smell, hearing and proprioception (sensing of internal signals). On the other hand, patients with Cushing's syndrome marked by excessive secretion from the adrenal cortex, suffer a considerable dulling of the senses. Henkin showed that the sensory detection and the integration of sensory signals are regulated by a complex feedback system involving interactions of the endocrine system and the nervous system. Although the patients with a deficiency of adrenal cortex hormones are extraordinarily sensitive in the detection of sensory signals, they have difficulty integrating the signals, so that they cannot evaluate variations in properties such as loudness and tonal qualities and have some difficulty understanding speech. Proper treatment with steroid hormones of the adrenal gland can restore normal sensory detection and perception in such patients."

As chiropractors, we can approach this stress syndrome by (1) coordinating the nervous system in its three strategic areas, (2) checking the coccyx, (3) using glandular supplements for the glands involved (such as adrenal, pituitary, pineal) and (4) utilizing a good nutritional program for the patient who suffers from glandular imbalance.

Reading 281-51, continuing a discourse on the endocrine system, states that the gland of the solar plexus has been misinterpreted and called the adrenals. So when the readings mention a relationship between the solar plexus and the pineal gland in 1728-1, we might infer that the adrenal gland is meant.

> "[For] proper reactions, we would add to those of the physical forces that vibration in the physical that would keep for the body the normal equilibrium between the cerebrospinal and the sympathetic nerve system, or to the solar plexus reaction to that of the pineal gland; adding to, then, that force that will raise for the body those of the forces through the mental reactions in the physical body as to keep the outlook in a positive, active, manner. This we may find will aid in bringing this about, will the body use its own abilities physical to assist in same, in the use of the radio-active appliance - in the ordinary or plain form, but the application being made to the solar plexus and to that of the first cervical center. These we would add at least once each day for at least twelve to twenty days. Then they may be taken whenever the body feels that feeling of that the outer man, or the skin itself, is separating itself from the inner body, or that the whole of the body is as of duplex in itself...

Q-1. "What is meant by the first cervical center?"

A-1. "That position occupied between the axis of the head itself and the first and second cervical."

Q-2. "What can be done to relieve the bronchial condition?"

A-2. "Change the vibratory forces as come for the system as is in activity through those of making the proper coordination between that of sympathetic and cerebrospinal, as will be seen by the application of the radio-active force, which raises the vibration so that it makes of the portion of the body - through throat and bronchia, is relieved of that pressure as active through those of the secondary cardiac reflexes, as is known by the body. Change these, so that the activities are through their natural channels, and this irritation disappears." 1728-1

All doctors might benefit by reading A Commentary on the Book of the Revelation (published by the A.R.E. Press); it contains much of a metaphysical nature on the endocrine system. For example, the pineal is:

"[The] first movement that takes place of a physical nature through the act of conception; determining eventually - as we shall see - not only the physical stature of the individual entity but the mental capacity also, and the spiritual attributes." 281-46

The pineal and pituitary glands are described as being the reverse of our present physiological concepts. There is one case on the pituitary gland concerning a female (1158) age 50 years, going through her menopause. The question was asked whether to stimulate the gland by manipulative methods. The answer was:

"As we have indicated, the pituitary gland is stimulated more by the properties we have suggested for a gland treatment. Stimulate the source of the pituitary reaction from the cerebrospinal center, rather than about the gland itself." 1158-24

We can even stimulate our glands through our minds, for "mind is the builder." Dr. Elmer Greene, of the Menninger Foundation, who has been working on a biofeedback program, indicated in a lecture at A.R.E., in December 1972, that the former opinion that only the autonomic nervous system was in control of many of the physiological functions of the body was now being reversed.

"Also we find that a reaction may be stimulated internally to the organs of the body, by injection of properties or foods, or by activities of same.

"We also find the reflex from these internally to the brain centers...

"Now, to stimulate the glands: Some stimulate these, of course, by stimulating the vagus center, or by using the organ itself - that is, the neck or the throat or about the glands.

"As we have indicated, as there is a combination of things to be taken internally as well as the mechanical or osteopathic adjustments, these are to be coordinated throughout the 2nd and 3rd dorsal centers; a general stimulation that impulses to the vagus center are such as to carry to that portion of the body the inclination for nominal or normal adjustment of itself!" 1158-24

Thus, massaging some of those areas around the 1st and 2nd cervical (acupuncture points, too), or even adjusting in that area and the 2nd and 3rd dorsal centers will undoubtedly help the pituitary gland. In addition, a nutritional support, such as vitamin E, manganese or pituitrophen, should be given.

Glands can be balanced by adjusting the cerebrospinal nervous system, using reflex areas, utilizing nutritional support, and finally by the vibrational reactions from minerals. One case was told to recuperate at Virginia Beach because of the radium present in sand packs, which carry both gold and iodine. Applications of these sand packs were said to help in alleviating conditions of the thyroid.

Balance of the Whole Body

To summarize the necessity for balance in the emotions stemming from the endocrines, I offer these excerpts from the readings.

"For the soul seeks its own - in Him who is the light, the life, the way.

"And when there are rebellions of body or mind against [this search] ... is there any wonder that atoms of the body cause high blood pressure, or cause itching, or cause running sores, or cause a rash, or cause indigestion? For, all of these are but the rebellion of truth and light, error and correction in a physical body.

"For thy body is indeed the Temple of the Living God. What have you dragged into the Temple?" 3174-1

"... do not overdo ... at the expense of the physical or the mental body! ... The tendency by the body is to do the whole thing or nothing! Now

be rather a middle-ground man once and see how much better it will be! Work as well as you play, and play as well as work!" 279-2

"... all work and no play will make just as dull [a] boy as all play and no work - and will make one eventually just as worthless, to self and to that it would desire to accomplish!

"Best that every individual ... budget its time. Set so much time for study, so much time for relaxation, so much time for labor mentally, so much time for activity of the physical body, so much time for reading, so much time for social activities. And while this does not mean to become merely a body of rote, it does mean that each of these changes and each of these activities make for the creating of a better balance - that not only facilitates the individual's activities but gives the ability to concentrate, when desiring, on whatever the activity may be!" 440-2

"Take time to be holy, but take time to play also." 5246-1

"... keep the mind in that condition ... for the developing of the physical, mental, and spiritual forces; keeping those contacts in that manner that brings the awakening of the physical in its ability to re-create in itself that necessary for the developing of the soul and spirit forces through the mental man; ever remembering that the physical must be kept in that way that the mental may manifest ... keeping then the spiritual and mental conditions in that control of the physical, that the oneness of the universal force and love, found in Him, may manifest in a material way in the physical body." 294-10

"For thy body is the Temple of the Living God. Use it as such ... Sacrifice therein thine own appetites and [offer] to Him those praises, those honors due for that He has given to thee...

"We would make these material applications [which follow]. Don't do it until you have prayed very oft, or it'll be more harm than good!" 3492-1

"For, as these lessons are learned, there may come feeling where physically there is apparently no help. For the spirit is willing but the flesh is weak. But spirit and mind may build the flesh to beauty, to health, even when racked with pain." 3545-1

The spirit and mind can rebuild the physical body; thus we have the Triune.

"For as the Triune is in the Father, the Son and the Holy Spirit, so is it in thy soul, thy mind, thy body. These are three, as the Triune are three, yet all in one." 1376-1

As chiropractors we have the privilege to carry on these principles and purposes and to dedicate ourselves to be channels of blessing and service to mankind.

PHILOSOPHY OF HEALING; ATTITUDES AND EMOTIONS

Health and Healing - Attitudes and Emotions*

> "There are, in truth, no incurable conditions ... for the condition is the breaking of a law, and the healing forces will of necessity become the compliance with other laws that meet the needs of the condition. The healing depends upon the individual, and the attitude taken toward conditions ..."
>
> 3744-1

Practically every type of healing practice known to man was prescribed at one time or another in the Edgar Cayce readings. Additionally, many things were prescribed that seem to have been created for the individual's condition alone. Patients were sent to:

Medical Doctors and Surgeons
Chiropractors and Osteopaths
Naturopaths and Naprapaths
Physical Therapists and Masseurs

The treatments (advised many times over) seem to revolve mainly around the following (in addition to the staple advice concerning Attitudes-Emotions, Prayer-Meditation):

1. Proper diet - often cleansing diets.
2. Water intake - seven to eight glasses a day.
3. Regular exercise - proper circulation.
4. Proper eliminations and release of toxins. (Colonic irrigations were recommended for all.)
5. Castor oil packs (used externally, on the abdomen, primarily), Epsom salt packs, Glyco-Thymoline packs, hot salt packs, etc.
6. Massage - spinal oil rubs.
7. Herbs, tonics, inhalants - in great variety.
8. Vibrational therapy - color, sound, music, electrical appliances.
9. Spinal manipulation and alignment was recommended in most of the physical readings.

Repeated emphasis was placed on proper body balances and balanced activities. Moderation in all things and recommendations to achieve balance were customarily given for:

1. Diet and food combinations.
2. Proper assimilation and utilization of foods.
3. The cerebrospinal and autonomic nervous system (spinal manipulation recommended).
4. The endocrine system (herbs and tonics).

*Extracts from Edgar Cayce's Story of Attitudes and Emotions, by Jeffrey Furst, Coward, McCann & Geoghegan, Inc., 1972

5. Liver/kidney activity (acid/alkaline balance).
6. Elimination and excretion of waste substances and toxins.
7. Circulation of blood and lymph (exercise, massage, hydrotherapy recommended).

"Know that there is within self all healing that may be accomplished for the body. For all healing must come from the Divine. For who healeth thy diseases? The source of the Universal supply! As the attitude, then, of self, how well do ye wish to be? How well are ye willing to cooperate, coordinate with the Divine influences which may work in and through thee, by stimulating the centers which have been latent with nature's activities. For, all of these forces must come from the one source, and the applications [or treatments] are merely to stimulate the atoms of the body. For each cell is as a representative of a universe in itself. Then what would ye do with thy abilities? As ye give to others, not hating them, [but aiding them] to know more of the Universal Forces, so may ye have the more, for God is love." 4021-1

"For the body renews itself, every atom, in seven years. How have ye lived for the last seven? And then the seven before? What would ye do with thy mind and thy body if they were wholly restored to normalcy in this experience? Would these be put to the use of gratifying thine own appetites as at first? Will these be used for the magnifying of the appreciation of the love to the infinite? For who healeth all thy diseases? If ye think it is the doctor or the surgeon, who is thy doctor? Is his life different from your own? Life itself, comes from the infinite. There ye must begin if ye would have healing for this body ..." 3684-1

Q-1. "Are the nerves of motivation dead?"

A-1. "If they are, may they not be renewed? Isn't the body renewed at least once every seven years? Who is to renew it? Who is the giver of life? By pure coordination, pure faith, pure desire to be what God would have thee be." 5326-1

For a man with TB of the spine:

"Remember the sources of this condition ... are the meeting of one's own self; thus are karmic. These can be met most in Him who, taking away the law of cause and effect by fulfilling the law, establishes the law of grace. Thus the needs for the entity to lean upon the arm of Him who is the law, and the truth, and the light." 2828-4

For a woman with multiple sclerosis:

"As we find, there are disturbances and these are all

the progressive type of a form of multiple sclerosis, that will gradually cause more anxiety and more and more pain, unless there is that hope or belief attained within self's consciousness that there may be administrations made which have helped others and which will help the body.

"There must be, then, that correct attitude toward the Creative Energies; call it spiritualism, divine science, God, Christ or whatever name. Know that self can be, and is by heritage, a part of that First Cause."
5129-1

Again, there is the reminder that the body, if properly attended and attuned, has the potential of regenerating itself in seven years - not overnight, but in seven years. Patience, persistence and other disciplines must become part of our way of life if health and healing as desired are to become part of the Ideal of each individual.

"Go slow; or make haste slowly. Be patient with self and with others. Do not work self into a state of over-anxiety at the changes that will be found, or attempt to use up the strength and vitality mentally and physically to gain or maintain those balances that once were held in relationships to these; for these will come in their normal time. Forget not the sources of thine inspiration in self, for they must be in the God of life, of truth, of hope, of love."
480-11

Attitudes and Emotions Affecting Your Health

Attitudes:

"Then, more may be accomplished in prayer than in medication. More in purposefulness of being to others may there come help to this entity, to those that love, that would cherish the entity. All must acknowledge His power, His authority. Not in words, but in deeds. For, what one says is little. For, what one is speaks so loud, what is said means little."
3289-1 (F., 7)

Hate:

"For just as hate and animosity and hard sayings create poisons in the body, so do they weaken and wreck the mind of those who indulge in same.

"And then they begin to wonder Why this or that has befallen them ..."
1315-10 (F., 16)

Fear:

"Through the blood supplying force the find the blood has

been over-charged with those elements thrown off in the circulation by fear ..." 4610-1 (F., Adult)

Happiness:

"Here we have an unbalanced condition in the nerve system, in the assimilating system, in the glandular system; yet the body attempts - through the activity of the creative forces in all three of these systems - to adjust itself to the disturbances; and to do the best it can with what it has! If we would only attempt to do that in our own minds, how much happier the world would be!" 1790-1 (F., 19)

Lukewarm, "don't care" attitude:

"As to the nerve system, here we find a sympathetic condition. For, with the aggravations to the mental body, these are as periods when the body - as it were - does not care! And woe to all those that reach that attitude, whether in their mental bodies or in their physical bodies, for some portion must suffer from a 'don't care' attitude, either mentally or physically - or both." 530-1 (F., Adult)

Resentment:

Q-6. "What debt do I owe John Martin?"

A-6. "Only that that ye build in thine own consciousness. For every soul, as every tub, must stand upon its own self. And the soul that holds resentment owes the soul to whom it is held, much! Hast thou forgiven him the wrong done thee? Then thou owest him naught!" 1298-1 (M., 43)

Self-pity:

Q-5. "Will surgery be advisable for the liver?"

A-5. "Not if the applications suggested are made and as the attitude is changed. If the body continues to hold onto and enjoy being worked on by the doctors, put on by same, pulled and hauled about by others - well, you might as well keep on doing it! But we have indicated how to meet the condition - first within self, quit feeling sorry for self! Do something about it that will be constructive, by doing something for others as well as by being more quiet ..." 3574-1 (F., 55)

Pessimism:

"In giving the interpretations of the records, there is much to choose from - and while that which may be given here may appear as condemning, this takes not from the latent and the manifested abilities which are manifested in this entity; yet there are those tendencies for this entity to see only the dark side of any experiences. The entity is pessimistic as to the outcome of any venture." 5302-1 (M., 35)

Joy:

"Then see the joy, even in sorrow. See the pleasure that may even come with pain ...

"Thus prepare thy body, prepare thy way. For there is nothing in heaven or hell that may separate the soul from the Maker save self. He, thy Father-God, will not withhold any good thing from those who love His coming. Thy body is indeed the temple of the living God. There He has promised to meet thee often. Meet Him, in joy, in song, in prayer. Thus ye will find thy life blossoming - physically, mentally, and spiritually - even as the rose. And the very fragrance of thy life, the beauty of thy life, will make and bring joy to many. This is as little as ye can give for the great gift of beauty ye may make in the lives of others." 3440-2 (F., 29)

Kindness:

"Keep [thy own soul] then in patience, in love, in gentleness, in kindness, longsuffering, and in brotherly love. For these are indeed the fruits of the spirit ...

"And remember, a kindness sometimes consists in denying as well as granting those activities in associations with thy fellowman." 5322-1 (F., 47)

[Physical reading for Mongolism] "Yes, yes, here we have an entity meeting its own self. These are not desirous and yet it is for the unfoldment and development of this soul-entity. Physically, only helpful influences may be brought for the mental and soul-self. Much may be the contribution for this entity in the present in kindness, patience, love. All of thse are needed in the body. These will aid the soul. For, remember, the soul never forgets and that which is practiced to the soul, in the soul, will bring eventually a growth in the knowledge, in the understanding of the love of the Creative Forces." 5335-1 (F., 20)

Anger:

Q-7. "[Is the following statement true?] Anger causes poisons to be secreted from the glands. Joy has the opposite effect. The adrenal glands are principally involved, reacting through the solar plexus to all parts of the body."

A-7. "The adrenals principally, but all of the glands are involved ... The liver, the kidneys and all glands are affected; though it is correct that the reaction is principally through the adrenals." 281-54

"... never take food - meat nor drink - when the body is exceedingly worried in mind ... When the body is wroth, mad, or out of temper, or worried - leave food or drink from the system. Never think that either worry or madness may be

drowned in drink or in over-feeding the stomach; for these bring distresses to the body." 4124-1 (M., Adult)

Love - Healing:

"For, remember, you can never lose anything that really belongs to you, and you can't keep that which belongs to someone else. No matter if this is spiritual, mental or material, the law is the same." 3654-1 (F., 65)

"Know that there is within self all healing that may be accomplished for the body. For, all healing must come from the Divine. For who healeth thy diseases? The source of the Universal supply. As the attitude, then, of self, how well do ye wish to be? How well are ye willing to cooperate, coordinate with the Divine influences which may work in and through thee, by stimulating the centers which have been latent with nature's activities. For, all of these forces must come from the one source, and the applications [or treatments] are merely to stimulate the atoms of the body. For each cell is as a representative of a universe in itself. Then what would ye do with thy abilities? As ye give to others, not hating them, to know more of the Universal Forces, so may ye have the more, for, God is love." 4021-1 (M., 45)

"And as the electrical vibrations are given, know that Life itself - to be sure - is the Creative Force or God, yet its manifestations in man are electrical - or vibratory.

"Know then that the force in natur that is called electrical or electricity is that same force ye worship as Creative or God action!" (1299-1)

The instruments recommended for therapy might better be described under the heading of a "vibratorial wave length." One person asked:

Q-2. "Is the Force I am interested in chemical, magnetic, electrical, or something else? Explain."

A-2. "Vibratory; thus electrical in its vibration." (3178-1)

"Every individual entity is on certain vibrations. Every dis-ease or disease is creating in the body the opposite or non-coordinant vibration with the conditions in a body-mind and spirit of **the individual ... [Therefore] develop in thine own consciousness ... that vibration which is in rhythm with the vibration of that body.**

"To be sure, moods often apparently change this vibration; yet by study, by practise and by application, the vibration of the body may be ascertained.

"Thus there are the needs for the aiding in using such for healing, or the dissipating - that is, the dissipating of suppressions." (1861-12)

A list of machines and devices indexed under Appliances and Electrotherapy in the Cayce readings appears at the end of this section. We are particularly interested in the following, since many doctors are using them for therapy.

1. Electrically driven vibrator
2. Violet ray
3. Sinusoidal wave (a type of galvanic current)
4. Diathermy (short wave)
5. Infrared ray
6. Ultraviolet ray
7. Radium active appliance, radium water, Degnen's lens
8. Abrams machine (radionics)
9. Wet cell appliance, and
10. Radio active appliance (impedance device)
11. Human battery; electromagnetic forces

Electrically Driven Vibrator

This creates a low sound vibration for the patient (compared to ultra-sound) and was used to relax the spinal muscles on each side of the spinal column. A typical reading for the use of this appliance is the following one, from the file on hypothyroidism.

> "Use the sponge applicator about the head and neck. Use the suction applicator directly upon the body, downward from the head, on either side of the spine; not crossing over so much save at the 9th dorsal and at the lumbar area. The sponge applicator would also be given, or used across the diaphragm area; giving particular attention to that area over the spleen on the left side of the diaphragm area, or upper portion of the abdomen, and the liver area on the right side - rather than too much in the central area." (263-11)

Violet Ray

This appliance is referred to in the readings as a high frequency electrical instrument which improves the blood, lymph and nerve flow.

> "... the stimuli of the violet ray over the lower lumbar area, and over those of the head, around neck, around throat, and the like, will stimulate the system to better activity; for this will make for reactions in the lymph and capillary circulation." (5419-1)

The violet ray was referred to over eight hundred times, and was prescribed quite consistently in conjunction with spinal adjustments - often prior to the use of certain oils and tonics. Alcohol and Atomidine were not to be used on days the violet ray was applied.

> "This [violet ray treatment] strengthens any vibration and is good for the nerve system, when alcohols in no form are taken." (538-8)

> "... do not use electrical forces or treatments when there is inhalation of alcoholic forces in the body. This burns, or retards, or irritates rather than assists." (4253-1)

Regarding its use for improving the circulation, we have the following reading:

> "The body should use the violet ray over the whole circulatory system, for five to ten minutes, to stimulate the circulation and the nerve centers,

sufficiently to start the proper elimination. Do that and we will be able to reduce the condition in the throat and over the system by absorption." (4831-2)

Instructions about the application of the violet ray on various parts of the body, including the length of time, are contained in the following extracts:

"We would take the colonics in the beginning one every two weeks; later we would make them once a month.

"But after they have ... begun, or after the first fifteen days, then we would begin to apply the plain violet ray each evening when ready to retire; using the bulb applicator. This would be given not at high rate or speed but at that so the body will respond to same. In the application begin at the base of the head (the body lying prone), massage it gently in a rotary motion (back and forth across the spine, see?) across the shoulders, across abdominal area (from the back), across the lower sacral area and to the end of the spine; then along the sciatic nerves to the heels, then along the arm to the wrist; and then on the frontal portion of the body, gently across the diaphragm, the liver and the caecum area on the right portion, you see. In all take at least eight to ten minutes for such a treatment. Each day cleanse the bulb or the anode." (1044-1)

"It would be well for the body also to take, every other day, the vibrations from the violet ray; preferably not the bulb applicator, but the rod which the body either holds in the hand or sets the foot on it, with the rod lying upon [the] glass, see? If it is taken in this way, alternate, using once in the right hand, once in the left, once with the right foot, once with the left. Do this for a minute and a half. There is no great feeling with this, if it is turned on after the body grasped the applicator for the applying of same." (1757-1)

It is interesting to note the pattern of using the violet ray shortly after taking tonics. For example:

"Chloride of God . . . . . 15 grains
in
Rainwater . . . . . 15 oz.
with
Bicarbonate of Soda . . . . . 2 to 5 grains

"With this, when it is taken three times each day, give two to three minutes vibration with violet ray forces in

the region of the solar plexus and of the brachial plexus, to govern the circulation and to relieve the vibrations to their normal forces throughout the body." (4133-1)

"... after the Toris Compound has been taken [use] those vibrations of the violet ray, for this will assist and rejuvenate the blood supply and give same an equilibrium necessary to remove the conditions in the body." (4324-1)

There was also a pattern in the use of oils with the violet ray. In a case of apoplexy, the patient (618) was to apply in the morning and evening an equal combination of turpentine, mutton suet and spirits of camphor over the 1st and 2nd dorsals to the sacrum. However,

"We would - before the evening application of this compound - use the violet ray, with the bulb applicator to disseminate the activities not only of that applied in the compound but to enable the manipulative forces through the spinal area to distribute through the circulation the activities necessary for the full eliminations." (618-6)

"After the manipulation or massage, we would apply directly after treating, that vibration found in the violet ray, strong especially across the cervical and the upper dorsal region. This will necessitate at least 10 to 15 such adjustments, relaxed by heat first, and at least the full quantity of the gold, with the application of the violet ray following each of the treatments by adjusting and massaging." (5739-1)

In the readings on cancer, we find the use of the ultra-violet light (mercury quartz) recommended shortly after taking carbon ash internally. Occasionally the violet ray was substituted:

"And in the mornings, ten minutes after the ash has been taken (dry on the tongue and washed down with a little water; do not take in capsule), we would apply the violet ray (small hand machine) over the frontal portion and back portion, particularly over the left lung area." (632-3)

"We would take the ash with the light [violet ray] continually, for the increasing of the oxygen in the system." (632-5)

"We find the stimulations should be more with the ash taken the more often now, with the violet ray rather than the ultra-violet; though we would have the ultra-violet at least twice each week ... Take the ash each day - one eighth grain; and

five to ten minutes afterward apply the violet ray along the spine and along the lower portion of the lung (in front, see?)." (632-8)

In a case of facial paralysis the violet ray was to be used daily, over the solar plexus, brachial center, the whole of the fifth nerve centers in the face, head and neck, and on the locomotary centers on the bottom of the feet. The information indicated that this would help normalize the lymph reaction that was hindered in the facial activity through the fifth nerve center. The time suggested was five to ten minutes. The appliance formerly had a double-bulb attachment, joined in the middle, called an eye applicator. Also there was a vaginal applicator used internally for cervical and uterine diseases. Neither of these attachments are available at present. However, the single-bulb applicator comes with the appliance, and is used more frequently, even for ear, nose and throat conditions. (You can write to Master Appliances, Inc., 1600 Factory Ave., Marion, Indiana, 46952, for a description of the unit and attachments.)

Sinusoidal Wave

The sinusoidal current is a uniform, continuous wave current (galvanic type) of low voltage and frequency. It is one that increases gradually from zero to whatever voltage is desired, receding gradually through the zero mark until it reaches a negative point equal to the previous rise; then it returns to zero again. This completes an operational cycle. Each cycle, containing an equal amount of positive and negative electricity, is neutral as far as chemical action is concerned.

There are two kinds of sinusoidal currents, the rapid sinusoidal current with alternations of 40-80 cycles per second, an impulse lasting about 1/100 of a second, and the slow sinusoidal current, an alternating current of 5 to 30 cycles per second, with the single impulse lasting about 1/50 of a second. Today the chief uses of galvanic currents are:

1. Common transfer of certain drugs into the superficial layers of the skin and mucous membrane (iontophoresis).
2. Electrolysis (especially for the epilation in hypertrichosis).
3. Testing for the reaction of degeneration.

The action of galvanic current therefore is between a positive pole and a negative pole. The following list will aid in the understanding of the action of this current:

Positive Pole	Negative Pole
Attracts oxygen	Attracts hydrogen
Acid	Alkaline
Hard scar	Soft scar
Dehydrates tissues	Liquefies tissue
Vasoconstrictor	Vasodilator

Causes ischemia	Causes hyperemia
Stops bleeding	Causes bleeding
More germicidal	Less germicidal
Sedative	Stimulating
Repels bases, metals, alkaloids	Repels acid, acid radials, halogens
Corrodes metals by oxidation	Will not corrode metals
Acid caustic	Alkaline caustic
Relives pain in congestion	Causes pain (except in certain cases in which there is ischemia)

This reading recommended the sinusoidal ray for its physiological effect:

> "Then apply - that is, during the periods that the [chiropractic] corrections are being made - the low form of electrical vibrations that heat the body. These would be the low form of the reverse coil, through those activities of the Sinusoidal Ray. This would only be given sufficiently long to arouse the activity of the dormant associations and connections between the cerebrospinal and the sympathetic system, you see. Hence the connections would be made to the lumbar and the coccyx areas and to the lacteal duct center - very low, and only about three or four such treatments." (1517-1)

Just what type of instrument was on the market twenty to forty years ago needs research, as would the various applications suggested for the sinusoidal in the following cases:

> Lupus Erythematosus: "We would apply the sinusoidal or the short-wave which would empty the gall-bladder and stimulate to better activity the central forces in the kidneys and body energies with these electrical applications. Use this about once a week." (5288-1)

> von Recklinghausen's Disease: "... precautionary measures may be taken to make for normal activity through the system, by the use of the electrical vibrations that may be had through the circulations produced by the reverse coil. Not the diathermy, but rather the deep circulatory vibrations in the reverse coil nature; that is, the sinusoidal. The plates would be used upon the body itself in those areas and centers where the circulation is forced through the areas. That is, the first plate would be attached at the secondary cardiac plexus, or at the 3rd and 4th dorsal area. The other plate would be over the area of the gall duct, so that the current forces that pass through same may make for an activity - over the gall duct area, then passing

over the lacteal duct with the second treatment. And the third treatment would be from the 2nd and 3rd cervical and the 4th lumbar. These should not be too severe in the beginning, but sufficient - and should not be given at all, you see, until after the second evacuation has been had through the colonic irrigations. In the beginning the treatment should not be for more than one and a half to two minutes, and not the highest voltage then." (988-1)

Diathermy

Diathermy is a short-wave high frequency current that elevates the heat of the body tissue by passing through a high frequency electrical current, employing radio frequencies at millions of cycles per second. These are capable of introducing electrical current within the tissue without the necessity of metallic contact with the skin. Insulated applicators are spaced away from the skin to promote safety, comfort and convenience. This is the short-wave or 27 megacycle type.

Another kind of diathermy is called the microwave diathermy, the 2,450 megacycle type. This is the radar microwave, and is about ninety times higher in frequency than the conventional short wave. It is considered to be a valuable tool for heat therapy. Skin burns are more likely to occur with the microwave diathermy than with the short-wave diathermy and authorities generally agree that the microwave will not effectively heat the body tissues as deeply as does the short wave. However, as opposed to the short-wave type, no towels or spacing material are usually required. Again, with the diathermy short wave the entire joint may be heated from one side, whereas the microwave is capable of only heating the side near the source. The effect of diathermy generally is said to be thermal, chemical or mechanical, depending on the physical characteristics of the current. There has been in the scientific community, considerable controversy as to whether the short-wave diathermy produces specific effects other than these of heat.

Again, the application of diathermy as suggested by the readings needs clinical research. In a case of acne, a patient was to have spinal manipulation, especially at the 9th dorsal, and then receive fifteen minutes of diathermy over this area. For a case of arthritis, plus cholecystitis, there were these instructions:

"Have a thorough rubdown after this bath. Then have a thorough rubdown with olive oil as a rub, after the body is well dried.

"Occasionally, a general massage would be given the body while it is in this bath, see?

"Then, after the entire treatments have progressed to the Epsom Salts Bath - or after the Epsom Salts Bath has been given, not before - we

would begin with the low electrical forces of the diathermy. The application would be made to the plexus from which the gall duct and the liver excretory forces receive their impulse, in the cerebrospinal system, you see, and over the gall duct center. About five of these treatments would be given, but two days elapsing between." (1631-1)

Infrared Ray

As we approach the visible light spectrum we find the thermal reactions in diathermy and then in the infrared ray. While diathermy creates heat internally in the body, the infrared produces peripheral heat, with its penetration becoming deeper as the energy spectrum nears that of visible infrared. Evidently this type of heat was deemed helpful in stimulating the red bone marrow in anemia, for it was recommended to be used over the heads of the long bones. It was also suggested for use over the thyroid area for stimulating an underactive gland.

Ultraviolet Ray

At the higher end of the visible spectrum we find the ultraviolet ray. This has a higher frequency and shorter wavelength than the infrared which is on the opposite side of the visible spectrum and has a lower frequency and longer wavelength. Therefore, there is a distinct difference, from a chemical and physiological standpoint, between the action of the two rays. The ultraviolet ray produces a type of actinic or chemical effect or action on the body.

The readings frequently suggested ultraviolet light in treating cancer patients, and designated the mercury-quartz type along with the use of a green-glass plate between the light and the patient.

"It might possibly become necessary for operative forces, but so long as there may be had the thorough cooperation of those making adjustments in the present we would continue. And we would have them use the ultraviolet with the green glass projected between the ultraviolet and the body, and do use the mercury light, not the carbon. Use this at least twice a week.

"We would keep the adjustments and massage regularly, as in the present, but do have following each period the use of the light over the body, and this would preferably be over the back of the area, and let it extend from those areas from the lower portion of the abdomen to the area just below the heart. These are not more than a minute in the beginning. Have the light at least 38 inches from the body and the green glass at least (an eight-by-ten or ten-by-twelve) 14

inches from the body, that we may have the effect of the rays on the greater portion of the affected areas." (5236-1)

Radium Active Appliance, Radium Water, Degnen's Lens

Although the readings often mentioned a radioactive appliance, they also indicated a radium active appliance, which was probably some type of pad or applicator that was placed on various areas of the body, or worn on the body for periods of time.

General debilitation; colitis: "... apply the vibrations from the radium active appliance ... using the heavy vibrator, see? Use this across the small of the back in the day. In the evenings, for a few minutes, well that this be laid across the breast, or just below the breast, that the inflammation, as is seen as is produced there from time to time, may be eliminated; or at times it may be laid for a few minutes across the throat, that the ducts and the glands in same may be stimulated - giving sufficient of the recharging for the pad, in the sunlight at least a few minutes each day, but wear this constantly, night and day, over some portion of the body.

"Follow this in a consistent and persistent manner. We will eliminate these conditions from this body, see?" (4256-1)

Radium water distributed in Pittsburgh was also prescribed at times, as well as eyeglasses that had radium effect (Degnen's lens).

Cancer of the tongue (patient had been taking radium treatments for several months but had not been greatly benefitted): "Applying, then, the radium in the way [it has] been; also applying radium applicator to those portions of the body, that the strengthening forces (that is - through the solar plexus) may assist in the distribution of the forces that overcome the condition.

"Well, too, that a culture be made of the blood, drawing same from forearm, culture made, then injected again. This will increase the resistance in the system ... The heavy radium applicator ... keeps a constant distribution of those forces as are given through the radium, and the heavy ray, see? Also the culture." (4977-1)

Abrams Machine (Radionics)

According to William A. Tiller, Ph.D., in his article, "Ra-

dionics, Radiesthesia and Physics," radionics is an instrumental form of radiesthesia, which is sensitivity to radiation covering living or inert sources. Some of those connected with the development of this subject are Abrams (whose machine was mentioned in the Cayce readings), Drown, De la Warr, Heironymus, and Rae.

Cancer/sarcoma: "The machines as referred to are those that have been taboo by some; but there have been some perfections by those of the Chicago institution of research, as well as those that have carried on the work of Abrams in this direction. As we would find, for this body, the Abrams vibrator would serve for the best effects for the body, and with the ash ..."

Q-1. "How often should this [juice of the plantain weed] be taken?"

A-1. "When this is begun, we would take it each day - but we would not stop with those vibrations of the machine until there are indications from blood tests that same has been eliminated from the system. Neither would we stop with the ash, until the indications are that this has been eliminated ..."

Q-2. "Should the Abrams machine be used each day, or how often?"

A-2. "Each day." (5537-1)

"Life in its manifestation is vibration. Electricity is vibration ... So is mind. So is matter." (1861-16)

The following is a collection of readings that mention the Abrams Machine, researched by Rolf Schaffranke, Sen. Research Engineer.

"These may be administered either through that of the Abrams corrective vibratory forces or better of those of the radio-active forces..." (960-8)

"... and apply to the body through the solar plexus center, and at the second cervical, the plates or vibrations that will be found in the Abrams osculator for sarcoma germ." (4695-1)

"This we find is prepared by Abrams, the representative here is [in] Los Angeles, Calif. Made in Germany. Do that if you would bring relief to this body." (30-1)

Q-6. "Will they know just how to use this other treatment, the Abrams treatment?"

A-6. "Yes. The one who gives the treatment will understand. This body would not, see, it is in the develop-

ing stage, child, see."

Q-7. "Should this Abrams treatment be used over the entire body?"

A-7. "No, you see, it has been given how it should be used. This is vibration and comes to these centers here, where the body is affected." (3751-9)

"The vibrations of electronic forces are those as given through the Abrams forces to equalize the circulation and nerve energy to produce the perfect elimination, see." (3751-10)

"The vibration from that as of the Abrams treatment was given in preference to the electrical forces with inhalations ..." (3751-11)

"We would keep the vibrations of the electronic forces as we have given." (3751-12)

Q-1. "How many times a week will this body require the Abrams treatment?"

A-1. "Four to six hours each week. Keep this as we have given; we will revibrate the whole body." (3751-13)

"... only [apply vibrations] from four to six hours each week to keep the vibrations properly adjusted in the body to overcome the conditions in the body ..." (3751-14)

Q-3. "Should the application of the Abrams treatment be increased?"

A-3. "Necessary to meet the condition at present ..." (3751-15)

Q-5. Should the weekly six hours [of] electric treatments be spread over [the week] or given at one application?"

A-5. "Be better if given in three." (3751-16)

"There may be somewhat of a response, and this may be better accomplished (should there be the desire to keep the life here), by the direct application of the low electrical forces that may be had from the Abrams Machine or this low energy to the body, which would carry the life-forces ..." (3584-1)

"To overcome these conditions, use that of the Abrams cycloclast, with 37 ohms to the body ...

"There should be at least forty hours of vibration given this body. Not all at once, but every third day give the vibration." (3875-1)

"Then apply ... these vibrations from that of the Abrams vibrator ..." (4625-1)

"To give the best forces for the correction, we would first reach this body through its own mental forces, as given. That is, it must have its own desire. Then apply those vibrations for this body in the various stages of the condition to be eliminated. For they will be changed in each forty hours of treatment, as is applied through those of Abrams' forces ..." (4755-1)

"... and the vibrations proper from electric forces of very high frequency without the amperage, see ..."

Q-4. "Which treatment would be better ... to take?"

A-4. "The electronic - more expensive though." (4608-2)

"Also the vibration as will be found from the cycloclast of the Abrams vibrator ..." (4937-1)

"To give the vibration to the system necessary to produce that vitality necessary to produce reaction to overcome these conditions would be to give that of the electric forces to the seventh dorsal vertebra known as Abrams' force or mode of eliminations and assimilation in the body ..."

Q-2. "In giving treatment for this body would you advise to give medicines, or what medicine would you advise to give?"

A-2. "None, only of the electronic forces as we have given ..."

Q-3. "Electronic forces, what do you mean by that?"

A-3. "Those vibrations from electronic forces produced by Abrams' treatment."

Q-4. "Do you mean Dr. Abrams who is now in California?"

A-4. "Dr. Abrams, now in California." (75-1)

"As we find, the applications that are made in the present are very good, these are in the right direction. But we would have those vibrations as will analyze the disturbance in the body, through

such a one with the iconoclast machine, as Dr. Mary Miller. These may be set so that, even from ten to twelve treatments, the absent treatment radionically given may be administered to the body ...

"Don't discontinue the vitamins. But the machine, as has been indicated, is not set properly. Do have the change as may be obtained through the administration of Dr. Miller, Los Angeles, Calif."

[Part of a letter to E.C.]: "In a few days, a friend asked me to allow her to make an appointment for me to go to Dr. Drown, who improved the Abrams instrument, a radio which tunes into the body. She has done wonders for me."

[E.C.'s letter, in answer, dated 8/21/43]: "I know something of the treatments with the Abrams method. If who ever is treating you has gotten a correct analysis, this should help ..."

(5138-1)

Q-7. "Shall I continue to use the [radionic] instrument in my work?"

A-7. "When it is found necessary for the development of the individual, well. When it is found that in self there may be the greater good obtained by the own activities, use that." (500-1)

Q-6. "... Could I do magnetic healing?"

A-6. "... Through these vibrations may the entity in its healing and in its efforts bring greater harmony in the experience of others.

"Using same with the low electrical forces that make for the using of the etheronic [etheric] energies may be the greater channel." (967-1)

Q-10. "With which type of the following machines will I be the most successful: Calbro-Magno wave, Ellis-Micro-dynamiter, Straborcam ray - aetheronics?"

A-10. "Now they each have their place in the experiences of types of individual activities. But the aetheronic offers the greater advantage for a universal influence in the experiences of the individual. This as combined with the magnetic forces of the body, you see, will make for the greater experiences in the present sojourn of the entity."

Q-11. "Can I look for improvement in these machines?"

A-11. "In the latter, or in the aetheronic, yes ..."

A-14. "... As to those things that are constructive ... In the vibrations - these we find are the greater in the aetheronic." (1397-1)

(Note: This reading was given on 7-4-37 for a chiropractor and naturopath. See also page 8, same reading, for copy of report by Time, Feb. 24, 1947, entitled "Aetheronics.")

"Use the low electrical forces that have been and are being advised and administered to the self ...

"Then with the gentle electrification, with the low forms of same, we may bring a new life, a new energy to the very cells of the body itself." (1504-1)

Dr. Tiller uses the Yoga philosophies as a model to separate the various levels of substance in man. Different types of radiation emanate from each of these levels:

1. Physical
2. Etheric (bioplasmic)
3. Astral
4. Intuitive mind
5. Intellectual mind
6. Spiritual mind
7. Spirit

These substances interpenetrate each other and exist within the physical atom. When you have a strong image, as in the mind, to change something about the body (physical) the strong energy pattern reorganizes in the etheric substance, which in time can affect the physical potential. The readings' recommendation of a Radioclast treatment for a patient was to help change the energy pattern from one of disease to one of health, by affecting the etheric body of man.

"... one grain of chloride of gold to one ounce of distilled water. It is not necessary to use more than some ten drops of the solution at a time in the radioclast. Do this two days in succession; then skip one day.

"Then use in the radioclast a ten percent solution of the silver nitrate ... Here, only use three drops, see? Then skip a day again ... Keep this up, rotating the applications in this manner; two days of the gold, skipping one day; one day of the silver, skipping one day; then two of the gold, and so on." (3011-1)

(Recommended in the treatment of Parkinson's disease. In this case vibrational effects of the minerals were sent to the etheric body to change the disease process.)

Dr. Tiller indicates that radionic devices (which could probably include both the wet cell and the radioactive appliance) affect the etheric level of substance, whereas the electrical appliances discussed previously affect the physical level of substance. There has been some speculation that perhaps the wet cell appliance might accomplish the same results as the use of the galvanic current, with iontophoresis. On this point, the readings had this to say about a particular case:

> Q-25. "Could the galvanic battery with a control be substituted for present battery and use the same chemicals - gold and Atomidine? [suggesting iontophoresis]"
>
> A-25. "If the galvanic had been better, we would have given it! This would be too much of a shock. There is needed rather the character of the electrical forces as indicated, that are creative, and that are impulsed by growth into the vibratory forces of the body - rather than the electronic impulse that comes from the pulsation of such a high nature.
>
> "Use the character given, if you would have better ... results." (1838-2)
> (Parkinson's disease; wet cell appliance recommended, with gold and Atomidine.)

Permanent healing must come from harmony in the universal pattern with harmony in all seven levels of energy. Healing at the physical or even etheric level is only temporary if the mind and spirit levels remain unchanged in their patterns. The etheric body has energy circuits, whose apparent counterparts in the physical body seemingly envelop the twelve meridians of Chinese acupuncture. These bodies are also coupled via the agency of the seven glandular centers, or chakras. The chakras are in the etheric body, and the endocrines are in the physical body, being in the same location and space, and act as special interacting receiver-transmitter contact stations.

The operator of a radionics instrument must have a healing attitude and must formulate the proper questions and requests for information.

> Q-15. "Is a radionic analysis a true diagnostic method, or is it just another outfit to fool the patient?"
>
> A-15. "This depends upon the technician with same. The ability may be developed in the technician or physician using same. To one it may be a perfect attunement and get at least eighty percent of correct diagnosis, and to another it wouldn't get ten percent! It is a good instrument but [only] about one in five hundred will know how to use it!" (589-3)

Wet Cell Appliance* & Radioactive Appliance* (impedance device)

The last two electrical appliances are well described in a booklet by that name, written by Edgar Evans Cayce, a graduate of Duke University in Electrical Engineering. This booklet is available to A.R.E. members, from the A.R.E. Press, at a cost of $1.00.

The radioactive device would be beneficial in any condition relating to the vibratory forces in the physical body, especially during the first stages of rheumatism, catarrh, or any condition that affects the system in regard to eliminations.

> "The radioactive battery would be good for everybody! and would be especially good for this body. This assists in keeping the equilibrium. Not that it is a curative, but it is certainly a preventative!" (202-7)

> "Use also the radionics, but those that are of the nature that will make for equalizing the pulsation in extremities of the body. This as we find may be best done through the use of the radioactive appliance, which is the radionic activity but is that builded or supplied from the body - vibrations themselves, by the very nature of the construction of the appliance. This will ease the tendency of the weakness in the system, equalizing the circulation, especially when the body lies prone, with that existent when the body is erect and in motion." (1853-2)

The readings indicated that, flowing within the body was a "figure 8" circuit of energy, to which the radioactive appliance was attuned. This instrument was always to be attached to the body along the same circuits; the right wrist and left ankle were treated together for the first day; 2nd day, the left wrist and right ankle; 3rd day, the left ankle and right wrist; 4th day, the right ankle and left wrist.

Dr. George Goodheart demonstrates the importance of this energy crossover in the "cross crawl" theory in his muscle test demonstrations. When an individual exercises, using the same arm and leg (left arm and left leg touching each other in an exercise), it immediately weakens a muscle test. If he does the exercise correctly, touching left arm to right leg, the muscle improves in strength. This suggests that if the exercise is done properly it attunes to the "circuit 8 pattern" and helps to sustain it.

This figure 8 energy pattern is related to the physical body by twelve meridian circuits; in acupuncture, over 1,000 points

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*Warning: To be used only by or on the prescription of a physician.

can be identified on the body with the use of a tobiscope, an instrument measuring resistance. These are related to the spiral energy pattern. The acupuncture points have a lower electrical resistance than the adjacent skin, so the tobiscope lights up when it is over an acupuncture point.

Perhaps the reason the low electrical vibrations from the radioactive appliance and wet cell (and the treating units of the Abrams radionic machine) were used in treating people was because static electricity was necessary to help balance the nervous system.

> "Also with same we would administer the low electrical vibrations that produce bodily coordination, which should be ascertained through the electric magnetic forces that show such variations - the vibratory forces, the static forces of electricity to coordinate the vibratory forces between the sympathetic or vegetative forces [autonomic] and the cerebrospinal system." (1488-1)

Human Body; Electromagnetic Forces

Occasionally the readings recommended that the human body of the doctor be used as an electromagnetic battery to send healing vibrations to a body.

> "Every other day we would use those applications of the magnetic forces, that may be applied from the positive portion of the body of such a treatment in the 1st, 2nd and 3rd cervical, while the negative or the left hand on the 4th lumbar area will create for the body a quieting effect, and thus assist in alleviating and making for the better coordinations with the nerve energies and applications to the body as received from the adjustments made." (825-1)

In conclusion, we suggest that our profession should take a good look at the vibratory nature of man, not only on the physical level, but also on the etheric, for perhaps the healing of the future will deal more in appliances of a vibratory nature.

> "For each and every atomic force throws off a vibration to which a sensitive soul becomes aware. Not always aware as to its source or its activity ..." (1189-1)

Genevieve M. Haller, D.C.
May, 1972

Instruments Recommended in the Edgar Cayce Readings
(Indexed as "Electrotherapy:...")

Alpine Rays

Deep Therapy
Diathermy

Elliott Machine
Erlanger

Fluoroscope
Frequency, High

Infra-red
In-Mo-Ray

Kreidos

Low Voltage

Mercury Quartz

Neurocalometer

Radiograph
Radiola Ray
Radio-tube
Radium
Red Ray
Respirator
Reverse Coil
Rino Ray
Roentgen Ray

Short Wave
Sinusoidal
Static
Sun Lamp

Ultra-violet Ray
Ultra-violet Ray: Green Glass

Vibrator
Vim Ray
Violet Ray

White Light

X-ray

Appliances Recommended in the Edgar Cayce Readings
(Indexed as "Appliances:...")

Abrams Machine

Battery, Wet
B Battery
B Battery, Edelman

Etheronic

Galvanic

Lawlor
Lymphatic Pump, Miller's

Magnetic

Oxypator

Pessary, Gold

Radio-active
Radionic
Radium
Radium X
Radium XX

Stansell, Marion L.

Wet Cell

(Following is an abridged version of a letter from Rolf Schaffranke, Sen. Research Engineer, to Herbert B. Puryear, Ph.D., re: Radioactive Appliance.)

Some of the fundamentals behind this phenomenon of the "Radioactive" appliance (Impedance device):

1. Ordinary light has the power of ejecting electrons from the atoms of alkali-metals, which have only one electron in the outermost orbit. (This well-known fact is utilized in all photo-electric cells.)

2. Metals, when bombarded with X-rays, emit secondary rays.

3. Mineral deposits and ore-bodies, hit by powerful natural cosmic radiation, re-radiate secondaries and change the electro-magnetic field at the surface. (Principle applied in metal-locating devices, etc.)

4. During development work with nuclear energy, it has been discovered that electrons accelerated close to the energy-level of cosmic radiation cause a secondary radiation of a wavelength-range in the order of millimeters.

5. It can therefore be assumed that atoms under the action of the more powerful natural cosmic radiation emit a wavelength (radiation) of the order of centimeters. Prof. R.A. Millikan stated that "we hardly know anything about the effects of cosmic radiation."

The conclusion of importance: A secondary type of radiation is very likely produced by cosmic radiation (possibly in combination with the natural magnetic field of the earth), resulting in a specific wavelength for all chemical elements and compounds. The wavelength of this secondary radiation is the individual "signature" of the substance in question; this type of radiation can be conducted along wires, as shown by the "Eeman-circuits" and similar work in England, the German thesis of Dr. med. et phil. J. Wuest: "About a new type of radiation surrounding all inorganic and organic substances as well as biological objects." Research conducted in England and Germany indicates wavelength of this "new type of radiation" encompasses a range between 1 and 80 some cm.

Edgar Cayce referred to this particular type of energy as:

A. Radionic vibration, or
B. Etheric (aetheronic) energies, or
C. Low electrical forces, or
D. Short wave (radionic) electrical forces.

I think it is safe to assume it is this "etheric" or "Radionic" type of energy which acts through the etheric body on the physical body of man, thus explaining the observed beneficial effects of the E.C. appliance.

A careful search for indications of this "new type of radiation," which I conducted during four weeks in January of 1970 in the A.R.E. library, showed that we are most definitely not dealing with ordinary E/M energies, as far as the "appliance" is concerned. It would therefore appear that the term "impedance device" chosen for the E.C. appliance is misplaced terminology.

Since the energy form in question seems to be a type of nuclear-resonance energy, the original term "radioactive appliance" as used by Edgar Cayce himself appears to be more nearly correct (of course not 100% correct by present textbook definitions).

Since official recognition of this energy-form and its physiological effects appears to be still far-off in the future, any definite statements on the nature, effects, etc., of this particular radiation is merely academic at this stage. However, there is ample scientific evidence about the actual existence of this energy. Official recognition by M.I.T., the Mayo Clinic and F.D.A. and A.M.A. is an entirely different matter, especially since it would have a significant effect on the chemo-therapeutic and drug industry, i.e. the stock market, etc.

E.C. admonished to watch for the right "mental attitude" in connection with use of the appliance. This fits in very neatly with European observations noting that the energy can be blocked by the human mind, or modified by a certain negative attitude.

* * * * *

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PART B

COMMENTARIES ON DISEASES

PROSTATITIS

by

William L. Brunelle, D.C.

Physiological Considerations

The prostate gland is a partly glandular and partly muscular body placed immediately below the internal urethral orifice and around the commencement of the urethra. It is in the pelvic cavity below the lower part of the symphysis pubis.

Hypertrophy, atrophy or fibrosis of the prostate may occur in as high as 40% of men over the age of 60. It is not uncommon, however, to find hypertrophy in many over 40 years of age. As a complication of venereal disease it occurs in the young.

Urinary symptoms, night urination, dribbling, loss of force of stream, burning sensations, low back pain and constipation may be cause to suspect prostate disease.

The literature presents a wide range of causes or precipitating factors in prostate disease. Imbalance in the sex hormones, infection, stress, and dietary deficiencies are among the more common.

Primary enlargement of the prostate results in compression or elongation of the urethra passing through it, thus causing obstruction. The enlarged prostate lifts the floor of the bladder, raising the urinary outlet with the result that complete emptying is not possible. Residual urine is retained in the bladder and infection may result. The sphincter is distorted by stretching - thus dribbling occurs. Hypertrophy of bladder tissue gradually develops. Calculi may develop in the bladder following cystitis and urine retention. The kidneys later become affected because of infection and obstruction.

A review of twenty-three Cayce readings on prostatitis also suggests that the disease may be precipitated by a number of different factors. No less than eleven corrective therapeutic measures were recommended in the group studied, with as many as eight in any one case. The students' ages ranged from 40 to 72 - except for one, age 28.

Among the pre-prostatitis syndromes indicated: an alimentary disturbance following the flu, congestions, cold throughout the body involving dysfunction of the bladder and kidneys, poor elimination affecting hepatic circulation, constipation, and mercury poisoning affecting the hepatic circulation as well as that of the kidneys and glandular systems.

In about half the cases reference was made to disturbances in the nervous system such as sympathetic imbalance

due to lower dorsal injury, subluxation affecting the nervous system and functioning organs, and pressures in the lumbar axis through the sacral, coccygeal and iliac plexus. Reference was also made to the importance of attitude in several cases.

> "All conditions must be taken into consideration, then; as in the prostate and the effect upon the bladder, the kidneys, as well as through the activities as related to the circulatory forces from same to the upper hepatic or the liver activity." 1606-1

Rationale of Therapy

The following will clearly outline the frequency of recommended therapeutic measures in this limited study of the readings on primary prostatitis or prostatitis as a concomitant to disturbed digestive or eliminative systems.

Dietary	14
Remedies (internal or urethral)	12
Spinal Manipulations	12
Local Heat Applications	11
Massage (local or general)	11
Colonics	11
Appliances (Wet Cell/Radioactive)	7
Sitz Baths	4
Attitude Change	4
Vitamins and Minerals	3
Exercises	2

It is apparent that the readings indicate a multifaceted approach that encompasses nearly "the whole man" or "the whole body" concept.

Stress was placed on the improvement of all abdominal functions as well as those of the pelvic locale inasmuch as the cases studied usually presented complex syndromes of malfunction.

The chiropractor can avail himself of all but the internal remedies and solutions suggested for injection into the urethra.

Dietary Considerations

General recommendations for improved diet were made particularly when digestive and eliminative dysfunctions were indicated.

> "Be as mindful of the diet as possible. Keep away from hog meat as much as possible. Vegetables, beef, mutton, lamb or fish or fowl are the better for the body." 1501-2

Sugars, fats and fried foods were prohibited, as were alcoholic beverages. Among the general vegetables recommended were the green leafy variety. Restriction of the fat intake must reduce overload of the liver which, according to the readings, was almost universally involved. The broad spectrum of vitamins and minerals as well as the roughage provided by the green leafy vegetables no doubt provided a needed mechanical stimulus to peristalsis and vital nutrients that served to improve general as well as glandular functions dependent on a variety of trace minerals. Green leafy vegetables are rich in magnesium. Recent research points out that intake of magnesium has a beneficial effect in prostatitis. Magnesium deficiency leads to blood vessel dilatation and likely results in abnormal extravasation of fluids into tissue spaces with resulting congestion. The readings frequently point out that congestions and glandular disturbances occurred in most of the cases studied. Magnesium is present in the chlorophyl or green coloring matter of plants.[1]

> "The effects of the toxic forces and poisons from lack of elimination, combined with congestion, produce through the pelvis and the areas in distress the greater disturbances." 1196-6

The meat and fish protein recommended along with fresh greens as support apparently provide the broad spectrum of amino acids necessary to good health. In recent times forty cases of benign prostatic hypertrophy were studied under controlled conditions. Treatment consisted of compounds of glycine, alanine and glutamic acid. All cases improved under the regimen. A variety of eight symptoms (prostatic and genito-urinary) were listed. Results were 70 to 100 percent in all areas.[2]

The recommendation of fish in the diet is noteworthy. Most fish provide a reasonable amount of unsaturated oils. Vitamin F is a component of these oils. F complex "is 'associated with' the linoleic or linolenic fraction," according to Hart and Cooper. A study by them reported profound beneficial effects in patients given vitamin F complex (a concentrate containing the unsaturates linoleic, linolenic, and arachidonic acids) for the relief of uncomplicated prostatic hypertrophy.[3]

In the same study, blood iodine was noted to have risen during the treatment. It was believed that availability of the iodine to the thyroid was enhanced. Inasmuch as peristalsis is partly associated with and dependent upon a thyroid secretion, vitamin F would indirectly appear to support improved intestinal motility.

The ability to metabolize vitamin F is reduced in liver dysfunction. Abnormal thyroid function is believed to predispose to prostate disease.

Spinal Therapy

In addition to correcting nutritional deficiencies the

readings suggest that correction of spinal subluxations is necessary to restore normal function.

Several readings point out spinal disrelationships predating by some time the abdominal and pelvic complaints and seem to indicate constitutional weakness in these regions. Other readings recommend spinal manipulations incidental to all other advice.

> "As to the functioning of the organs themselves, as we have indicated, there is a subluxation; [it] exists in the 9th to 12th dorsal, and produces these effects from the nature of the pressure that is produced there in the functioning organs; this being in the area from which there is the supply in the greater part to the kidneys and the activity of the lower hepatic circulation." 600-1

> "First we would have corrections osteopathically made; with special reference to that area indicated; coordinating the lumbar axis, as well as the coccyx end of the spine ..." 2094-1

Recommendations as to the number of adjustments and frequency varied considerably. The chiropractor will recognize from the readings quoted above that the similarity between recommended areas for manipulation and that taught in his particular discipline are consistent with good spinal therapy when improved nervous function is sought in eliminative organs and lower digestive tract.

Other Therapeutic Measures

References to the frequency of various remedial measures that were recommended (see Rationale of Therapy) will give an index of the import placed on such in the readings.

A. Massage, most often local (low back, lower abdomen, peritoneum; avoiding scrotum), was prescribed in about half the cases. The following formula was prepared as a rub:

Equal amounts of Mutton Suet or tallow (melted)
Spirits of Turpentine
Spirits of Camphor
Compound Tincture of Benzoin

Following the massage with the above, heat was applied in the form of a heated salt pack over the front and back for 15/20 minutes each evening for three or four days. With easing, a rest of about one week was to be taken, and then applications were to begin again.

A mixture of equal parts of olive and peanut oils was recommended as a rub to be used on the low back, abdomen, groin and thighs in a few cases.

The use of a Glyco Thymoline pack was advised in the following case:

> "If there comes any disturbance through the prostate area, apply at the pubic center the Glyco Thymoline packs, also. This is for 15 to 20 minutes. Have this warm, but not hot. The Glyco Thymoline packs should be 3 to 4 thicknesses of cotton cloth and should remain on the area until it is almost dry from the absorption by the body of the ingredients in same." 5180-1

B. Colonics as a means of cleansing the colon appeared necessary in almost half the cases. The use of colonic irrigation in chronic cases of constipation is common even today.

C. The Elliott machine, diathermy, and various other heat-producing equipment were recommended. In the present day, chiropractors have reported aid to prostate sufferers with the use of modern pulsed diathermy appliances. The Elliott machine is not commonly available.

D. Negative emotions were said to have a bad influence on health and the recovery from illness.

> "It is true that the body feels it has not been given the consideration it should have been given, from many angles; but to hold animosities makes for creating of these influences such that a great deal of poisons are not easily eliminated ...
>
> "And here we find that hate and animosity and anxiety may be the poison that causes <u>much</u> of the disturbance." 1196-11
>
> "In the nervous system the anxieties of the body combined with the disorders make for the condition being more acute." 1106-6

Modern concepts of psychology parallel the readings on acknowledging the effects of emotions on health.

E. While the Radioactive Appliance was recommended on a number of occasions, the application of electrodes varied. When one person asked if this device would be helpful, he was told that it would help everyone. Apparently the use of this instrument would not be contra-indicated.

* * * * *

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OOPHORITIS

by

Shirley Peterson, R.N.

Introduction

Oophoritis or inflammation of an ovary is a disorder of the female pelvis, and it is often combined with salpingo-oophoritis or inflammation of the tubes and ovaries. Exact diagnosis is sometimes difficult as it may be confused with appendicitis or adhesions. In considering the etiology of this condition, if it is of long standing or of a chronic nature, it is often the result from the continuation of venereal or puerperal infection. The initial attack may, or may not, have been recognized.

The symptoms are manifested by discomfort or pain in the right, or left, or both sides of the lower abdominal and pelvic region, accompanied by bloating or full feeling or a "bearing down pressure" (which is almost always worse at catamenial), menorrhagia, headaches, nausea, and on rare occasions eczema. Vaginal discharge, or leukorrhea and cervicitis are frequently present. In extreme cases, cystic or hard masses can be felt in one or both vaults. In suspected cases of chronic pelvic infection, diagnosis can often be established by Roentgenologic examination of the uterus and tubes following injection with lipiodol. If a tube is not patent, the presence of an inflammatory process can usually be assumed. Lipiodol should never be used if an acute inflammatory process is suspected.

The readings reveal that this condition was often connected with disorders of other elimination systems in the body, such as kidneys, colon, liver and gall bladder. It seems that in so many of these cases there has been a consistent pattern of kidney problems, either in the past or present, and that the inflammation and congestion in the ovary is often a sympathetic reflex action which is often found to be the result of a diseased state in other parts of the body.

The problem is usually dealt with by cleansing the system from toxins through purification of the kidneys and colon. If the liver or gall bladder is involved, it is dealt with accordingly. Simultaneously, the inflamed pelvis is treated with local applications and internal baths. Spinal manipulations and electrotherapy are ordered on a regular basis with a follow-up diet, tonics, herbs, teas, and application of various oils. Epsom Salts and Glyco Thymoline packs plus Atomidine and Glyco Thymoline douches are recommended consistently throughout the readings.

The following is a summary of some of the standard procedures used in these cases:

Elimination of Toxins Through Medication, Diet and Herbs

"It would be well that there be a thorough course of Fletcher's Castoria taken in broken doses until there is full activity from the alimentary canal. Take 1/2 teaspoonful every thirty minutes until there has been full activity through the system." 854-2

In order to set up proper drainages in the system and to prevent further infection, or the development of malignancy in the pelvic organs, this diet was prescribed in reading 715-2. This seems to be typical of most of the diets used in these cases except for an accompanying gall bladder or liver condition.

1. "Mornings - citrus fruit juices or fruit juices; as pineapple, grapefruit, orange, lemon (orange and lemon are better together than separate), grape juice or the like. All of these or any one of these may be taken at the meal with whole wheat toast, coffee or milk or Ovaltine. A little crisp bacon occasionally. Coddled egg; or these may be taken at other meals."

2. "Say at nine-thirty to ten o'clock in the morning, between breakfast and lunch, we would have a malted milk with egg - only the yolk in same; this well beaten together, and use three to five drops of lemon, the raw lemon juice. Beat together. It may be used with ice cream or otherwise. Do not use artificial flavoring."

3. "Noons - meat broths or vegetable broths, or a whole green fresh raw vegetable salad may be taken [and they can] be varied."

4. "In the middle of the afternoon we would again have the chocolate malted milk, or Coco-Malt, or such natures. In this we would use rather a teaspoonful of spirits frumenti, or wine, or such a nature; not more than a teaspoonful but with the whole yolk only of the egg."

5. "Evenings - well balanced, well-cooked vegetable diet, with meats that are only of the wild game, fowl, fish, lamb or mutton; not beef, not hog meat."

6. "Keep up the eliminations, even if it is necessary to use high enemas or colonics to keep the drosses carried from the system."

In most of these diets there was alwys emphasis put on absolutely no fats or fried foods of any kind except for a little bacon occasionally. Stress was put on plenty of raw vegetables, especially water cress, carrots and lettuce. In practically all cases various teas were used, such as watermelon seed tea (which

is a preferred form of nitre), mullein tea, and sometimes plantain tea.

As a tonic to work with the changing of the blood supply as related to the sympathetic nervous system, especially of the organs through the pelvis, one would prepare a compound in this way and manner:

> "To 4 ounces of distilled water add 2 ounces of strained honey. Let this come to a boil. Then add these:
>
> Essence (or a fusion of) Wild Ginseng.... 1/2 ounce
> Tincture of Stillingia..... 1/4 ounce
> Essence of Indian Turnip..... 1/4 ounce
> Fluid Extract of Tolu..... 1/2 ounce
>
> "Shake this together. Add sufficient alcohol to keep same, which would be one ounce and a half of pure grain. Shake this together before the dose is taken, which would be a teaspoonful before each meal; and eat the meals as has been indicated ...
>
> "The activities of those properties given should relieve the nausea. If this continues, prepare:
>
> Limewater..... 1/2 ounce
> Cinnamon Water..... 1/2 ounce
> 10% solution Iodide of Potassium..... 10 minims
> 10% solution Bromide of Potassium..... 10 minims
>
> "Take one teaspoonful in a third of a glass of water ..." 715-3
>
> "If burning in the stomach occurs after a meal, take 1/4 teaspoonful of Alcaroid in two glasses of water." 1692-1

For Oophoritis Toxemia, reading 4280-1 recommended taking two tablespoons of Usoline Oil or White Russian Oil -- "preferably in the evening. Two doses, one each day for two days."

Local Applications and Douches

Typical therapeutic regime would be persistent and consistent with the applications to bring help, and the treatments would be in this manner:

> "First we would use the Atomidine douches, and let the temperature each time these are taken (at first take them every day, for four or five days) be at least 100! Retain same just as much as possible. Hence do not use a spiral spray; rather the vaginal douche, or more preferable still a Fountain Syringe douche ... To half a gallon of

water add two teaspoonsful of the Atomidine.

"Before the douche is taken, each day massage over the caecum and abdominal area (both sides; more of course, over the caecum or right side than the other) [depending which side is more affected] a combination put together in this manner and in the order named.

"To two tablespoonsful melted Mutton Suet as a base, add:

Spirits of Camphor.....	1 teaspoonful
Spirits of Turpentine.....	1 teaspoonful
Oil of Wintergreen.....	1 teaspoonful
Coal Oil or Petroleum.....	1 1/2 teaspoonful
Tincture of Benzoin.....	1/2 teaspoonful
Oil of Sassafras.....	20 drops

"Shake or stir these well together, for they will be only partially congealed when allowed to stand. Stir each time before it is massaged into the abdominal area, across the hips and across the small of the back and lower portion of the kidneys - which makes it extend to the upper portion of the lumbar area ... Massage just what the body will take up.

"Then apply heat; preferably heavy salt packs (coarse salt in bags or sacks, heated) that may cover not only the frontal portions of the body, but extending across the back and up these portions also. These should be kept for two heatings, each time as warm as the body can stand same. Let the body lie prone, of course, while this is being taken -- with the feet elevated just a bit.

"After same, then take the douches.

"When these have been taken for a few days, then we may allow two or three days in between; not too seldom but allow one, two to three days to elapse between them, after the first few days of taking them each day, you see.

"But take every evening the packs as have been indicated.

"To be sure not to take these during the menstrual period. But begin as soon as the flow has stopped."
715-1

On occasions where the pelvic inflammation is acute or threatening peritonitis is pending accompanied with a rising temperature, the following measures were employed.

"But for the immediate use we would paint those

areas where there is distress with a combination of three parts Laudanum to one part Aconite. Then apply saturated solution of Epsom Salts in packs; using very heavy towelling. Change when they have grown cold, unless the pain has subsided." 313-12

In another case where the kidneys were the trigger mechanism for the Oophoritis, Turpentine Stupes over the kidney area were recommended with a follow-up of Mutton Tallow with Spirits of Camphor, Spirits of Turpentine, over the abdomen with a hot salt pack (heavy dry salt) with a heating pad for about one hour.

"After stopping Turpentine Stupes - not so much with electric pad but heavy dry salt heated." 540-10

In preparation for Turpentine Stupes (per reading 1472-16), put 1 teaspoon of Turpentine in 1 gallon of water, tepid temperature 90 degrees fahrenheit, and dip flannel into the solution and apply across the kidney area for one hour. Then take off and massage with Peanut Oil - 1 ounce - Olive Oil - one ounce - and 1/2 teaspoonful of Lanolin, heated. Take each day internally at least two teaspoonsful Olive Oil, 1/2 teaspoon four times daily.

The use of Glyco Thymoline both as a pack and a douche was a frequently important therapeutic measure in most of these cases. The douche was often used alternately with Atomidine. The following procedures are based on readings 578-12 and 2863-2:

One to two times per day apply Glyco Thymoline packs over the ovarian area and pubic center. No heat required but a warm sponge before the treatment. Do this for about one hour.

Douche each day by alternating Glyco Thymoline and Atomidine. To one quart and a half of water use 3/4 teaspoonful of Atomidine. For Glyco Thymoline douche, use one tablespoonful to one quart of water.

For preparation of Glyco Thymoline packs use at least three thicknesses of cotton cloth saturated with Glyco Thymoline, wet thoroughly and wring out a little but not too much, with full-strength Glyco Thymoline. Keep these on for at least an hour, spread over whole side of the body from the navel center to the pubic center and across the whole side where the pain exists.

In some cases of upper abdominal congestion, in which the liver or gall bladder are involved, castor oil packs are usually applied.

Spinal Manipulations and Electrotherapy

A series of spinal manipulations are considered a general

procedure throughout these readings. They are frequently accompanied by various types of electrotherapy. However, in extreme acute infection they are sometimes delayed until other measures are used first, such as the various packs and tonics to bring rapid relief, then the spinal adjustments are made.

In the manipulations, while the general nervous system is to be taken into consideration, also stimulate the impulse centers from the organs of the pelvis, particularly where the ovaries receive their impulse, so that there is a greater activity of the lymph circulation through those portions of the body forces.

Q-3. "How often should the manipulations be given?"

A-3. "[In order to relieve stress and strain on the pelvic areas] we would have one each day, for at least three to four days, and then they may be made twice or three times a week, until ten to a dozen are taken." 854-2

"When the adjustments or manipulations are given, now about once a week, follow same with the ultra-violet light - this to be the Mercury Light, and project the green glass between it and the body; this to be applied mainly to the spinal system.

Q-6. "What material conditions are upsetting to the body and what adjustment needs to be made to prevent this?"

A-6. "As the centers are opened, that is why we are giving electrical treatments in the two forms - one external to act upon the structural portion, the other to the centers that will prevent any form of possession or impression from the psychic forces outside the body. These are expressions of the physical health rather than of helpful forces." 2863-2

Often at bedtime the hand machine violet ray, bulb applicator is recommended to be applied over the spine, neck and head, about one minute in all. Also short wave treatments are given about once a week. The use of the Elliott Machine with the vaginal appliances will maintain heat to an extent that will create hyperemia to help overcome the condition that has been indicated in one of these cases. It was suggested in reading 715-1 that a treatment be given each day until at least fifteen or sixteen treatments had been given.

"... the corrective measures osteopathically, in the lumbar and sacral area, would be more effective for the pelvic disturbance; and these would respond to the reduction of the inflammation that is caused through the caecum area, especially in the portion of the abdominal area about the right ovary. These as we find arise from congestion there, and with the

heat and with the correction of impulses -- osteopathically given - better influences may be had."
1692-1

For Oophoritis accompanied by amenorrhea the following spinal manipulations were prescribed in reading 338-1: Manipulations to lumbar sacral area with reference to lower dorsal once per week. Before treatment apply violet ray to lumbar sacral area 5 to 10 minutes; One to two times per month apply infra ray with green glass.

For oophoritis accompanied by vaginal itching the following spinal manipulations were prescribed in reading 538-50: Manipulations to lumbar and lower dorsal centers or from 11th and 12th dorsal through lumbar and lower dorsal centers, or from 11th and 12th dorsal through the sacral. Not too much directly on the coccyx end but for the impulses to the flow through the pelvic organs. These we will find at times increase the itching, but it is the overflow of the effluvium that causes the irritation. In spinal manipulations a great deal of emphasis seemed to be placed on the lumbar-sacral region and the 9th dorsal. Along with spinal manipulations, diathermy and massage were sometimes prescribed.

Oophoromania

The following is a case on a 43-year-old female who had become mentally disturbed from toxic conditions arising from oophoritis. The only treatment prescribed in this case was the use of spinal manipulations and the violet ray.

"Now, as we find, the disturbing forces or factors in this body are both pathological and psychological. Hence we have an incoordination from a pathological condition in the locomotories, or the pelvis, and those pressures that are created between the sympathetic and the cerebrospinal system that create for the sympathetic and imaginative forces a distorted condition in the repressions that arise from such incoordination. Thus there are produced to the active forces of the mental body the irrational reactory forces. These arise from the conditions that we find existent in this body ...

"We find the Blood Supply below normal in its reactions through the body, and from the lack of proper assimilation of those forces or influences that affect the circulatory system of the body. The pressure producing this we find in the 3rd and 4th dorsal area; while those repressions and those activities in the axis and in the lower lumbar and in the coccyx area, where adhesions have formed from the poor circulation, and those activities that made for a hypochondriac reaction to the mental

forces of the bcdy, these come through the 4th lumbar and the coccyx center. These make for those repressions in the system ...

"First relieve those pressures that are indicated in the coccyx, by pressure upon those areas in that portion of the system, coordinating same by pressure upon the cerebrospinal centers from which these find their varied end reactions, and specifically in the lumbar, the 9th dorsal and the more specific in the 3rd and 4th dorsal as indicated.

"We would also use the violet ray, with the vaginal applicator, for relieving those tendencies for adhesions in the pelvic organs of the body. This we would give for a minute and a half to three minutes at each treatment, about three times each week.

"Every other day we would use those applications of the magnetic forces, that may be applied from the positive portion of the body of such a treatment in the 1st, 2nd and 3rd cervical, while the negative or the left hand on the 4th lumbar area will create for the body a quieting effect and thus assist in the alleviating and making for the better coordinations with the nerve energies and applications to the body as received from the adjustments made.

Q-1. "Is there any medicine that she needs?"

A-1. "We would not make medicinal application for this body; for, as indicated from the mental reactions, these would become a portion of the body as dependent upon same, while with the mechanical application and the adjustments the body will naturally grow towards a more coordinant and a more normal condition--though it may require longer."

Q-2. "How long would it be before she would see an improvement?"

A-2. "The first reaction would be in about ten days; then we would have a period of apparently returning to the first conditions, or as of an obeisure [?], then we find the next would be a response in five to six days. These, we find, would reoccur from time to time. We should see a great improvement in two and a half to three months." 825-1

Conclusion

It would be well to add that many other pelvic disorders accompany oophoritis and vice versa, but these are dealt with separately in different categories, such as: amenorrhea, dysmenorrhea, adhesions, lesions, cellulitis, menorrhagia, prolapsus,

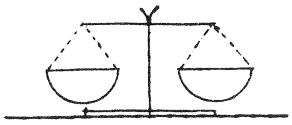
peritonitis, discharges, neuralgia and many others. While treatment of a few of these are similar to oophoritis, others are very different and need to be discussed individually.

* * * * *

Readings on oophoritis: 313-12, 338-1, 349-20, 428-1, 538-50, 540-10, 578-12, 715-3, 825-1, 854-2, 1472-16, 1692-1, 1916-6, 2084-7, 2084-10, 2084-11, 2376-1, 2519-4, 2796-2, 2863-2, 5062-1. (For details see complete individual readings in Circulating File on Gonads:Oophoritis.)

KEY TO

BALANCE



HEALTH

PHYSICAL

Healthy body ___

1 Nutrition
- Quality of food/fresh, raw, whole grains, organic, uncontaminated ___
- Quantity (overwt., underwt.) ___
- 80% Alkaline/20% acid ___
- Combination of foods ___
- Assim. vs. Elimin. ___

2 Beauty of Body
- Cleanliness, neatness of self, surroundings ___
- Use of color ___

3 Posture (score) ___

4 "Coordination of cerebro-spinal & sympathetic (autonomic) Nervous system ___

5 Circulation of blood and Lymph ___

6 Exercise
- Walk a mile ___
- Golf, swimming, tennis, dancing, Daily dozen ___
- sunshine ___
- fresh air (breathing) ___

7 Work (occupation) physical/mental ___
- Satisfaction of work ___

8 Play; recreational Activities, physical & sexual balance ___

9 Rest
- Sleep ___
- ability to relax/nervous ___

10 Physical energy/fatigue ___

MENTAL

Constructive purposes ___
"Mind is the Builder"
Organized, directional activity ___
Budgeting of time ___
Mental development; of memory ___
- Stim. material to acquire knowledge, ___
- Develop skills requiring mental, physical concent, ___
- Understanding self ___
- Imagination ___

EMOTIONAL

Ideal--a pure heart ___
Attitudes:
- critical, constructive,/destructive ___
- Optimistic/pessimistic ___
- Relationship with others:
  - Egotistic/humble ___
  - Talking/listening ___
  - Self/others ___
  - Cooperation ___ (Flexible/inflex.)
  - Happiness (humor, a lost virtue)
  - Even tempered/anger ___

SPIRITUAL

Oneness with the Creator & our fellowman, ___
Patience ___
"In patience ye possess your souls."
Manifesting love ___
Development and use of Faith ___
Wisdom & understanding ___
Meditation ___
Prayer, for self and others ___
Spiritual guidance from
- reading Bible ___
- Dreams interpretation ___
- Studying spiritual laws ___
- Inspirational music ___
- " colors, pictures, sound, ordors ___

Forgiveness
- self & others ___

Affirmation: not my will, but thine, O Lord ___
May I be a channel of blessing to others ___

Instructions: Check those areas that need more balance in your life,..so that your results bring greater service to God and man. Then today will ye not rededicate thyself, thy body, thy soul, to the service of God?

APPENDICES

OUTLINES FOR PATIENTS

Q-3. "What foods should I avoid?"

A-3. "Rather [it is] the combination of foods that makes for disturbance with most physical bodies..." 416-9

Fruits

"...do not combine also the reacting acid fruits with starches, other than whole wheat bread! - that is, citrus fruits, oranges, apples, grapefruit, limes or lemons or even tomato juices. And do not have cereals (which contain the greater quantity of starch than most) at the same meal with the citrus fruits." 416-9

"Mornings [eat] citrus fruit or stewed fruits (as figs, apples, peaches or the like), but do not serve the stewed fruits with the citrus fruit juices; neither serve the citrus fruits with a dry cereal." 623-1

"...if raw apples are taken, take them and nothing else..." [Baked or cooked apples can be served with meals.] 820-2

Meats

"Then, in the combinations, do not eat great quantities of starch with the proteins or meats. If sweets and meats are taken at the same meal, these are preferable to starches." 416-9

"In the diet keep away from red meats, ham, or rare steaks or roasts. Rather use fish, fowl and lamb, with a great deal of raw vegetables - but keep these well balanced with the leafy vegetables cooked and some fruits." 3596-1

Vegetables

"...the adherence to the use of carrots, lettuce and celery every day at a meal, or as a portion of the meal, will insure against any contagious infectious forces with which the body may be in contact." 480-19

"Have at least one meal each day that includes quantity of raw vegetables; such as cabbage, lettuce, celery, carrots, onions and the like...

"Do have plenty of vegetables grown above the ground; at least three of these to one grown below

the ground. Have at least one leafy vegetable to every one of the pod vegetables taken." 2602-1

"Plenty of lettuce should always be eaten by most every body, for this supplies an effluvium in the blood stream itself that is a destructive force to most of those influences that attack the blood stream." 404-6

"The tomato is one vegetable that in most instances... is preferable to be eaten after being canned, for it is then much more uniform. The reaction [from non-canned tomatoes] in this body, then, has been to form an acid of its own; though the tomato is among those foods that may be taken as the non-acid forming." 584-5

"...often use the raw vegetables which are prepared with gelatin. Use these at least three times each week." 3051-6

Q-4. "Please explain the vitamin content of gelatin. There is no reference to vitamin content on the package."

A-4. "It isn't the vitamin content but [the] ability to work with the activities of the glands, causing the glands to take from that absorbed or digested the vitamins that would not be active if there is not sufficient gelatin in the body..." 849-75

Starches, Carbohydrates

"...avoid combinations where corn, potatoes, rice, spaghetti or the like are taken all at the same meal. Some combinations of these at the meal are very good, but all of these tend to make for too great a quantity of starch - especially if any meat is taken at such a meal. If no meat is taken, these make quite a difference. For the activities of the gastric flow of the digestive system are the requirements of one reaction in the gastric flow for starch and another for proteins, or for the activities of the carbohydrates as combined with starches of this nature...Then, in the combinations, do not eat great quantities of starch with the proteins or meats." 416-9

"... there should not be taken starches and sweets at the same meal, or so much together. That's why... ice cream is so much better than pie [which combines starches and sweets] for a body!" 340-32

Liquids

Water: six to eight glasses daily.
Coffee: without cream or milk, can be food to the body.

Tea: American saffron, elm, sassafras, plantain, sarsaparilla.
Milk: dried milk powder recommended, or malted; also Ovaltine.
Fruit juices: citrus juices mixed with lemon or lime are better; act as an eliminant when taken alone, without meals.
Carbonated beverages: should be avoided.
Beer: excess amounts can be drying to the intestinal system.
Red wine: a few ounces with dark bread is good for blood-building.

Beef Juice

Beef juice was referred to "as medicine" (5374-1) or "almost as medicine" (1100-10). Instructions for taking were explicit:

> "Take at least a tablespoon during a day, or two tablespoonsful. But not as spoonsful, rather sips of same. This, sipped in this manner, will work towards producing the gastric flow through the intestinal system..." 1100-10

> "Take a pound to a pound and a half [of beef] preferably of the round steak. No fat, no portions other than that which is of the muscle or tendon ... no fatty or skin portions. Dice this into half-inch cubes, as it were, or practically so. Put same in a glass jar without water...Put the jar then into a boiler or container with the water coming about half or three-fourths toward the top of the jar...put a cloth in the container to prevent the jar from cracking. Do not seal the jar tight, but cover the top. Let this boil (the water, with the jar in same) for 3 to 4 hours. Then strain off the juice, and the refuse may be pressed somewhat. It will be found that the meat or flesh itself will be worthless. Place the juice in a cool place, but do not keep too long; never longer than three days...Hence the quantity made up at the time depends upon how much or how often the body will take this." 1343-2

CASTOR OIL PACK INSTRUCTION SHEET

Prepare first a soft flannel cloth (preferably wool flannel, but cotton flannel is all right if wool is not available) which is two or three thicknesses, and measures about eight inches in width and ten to twelve inches in length, when folded. This is the size needed for abdominal application - other areas may need a different size pack. Pour some castor oil into a pan and soak the cloth in the oil. Then wring it out so that the cloth is wet but not drippy with the castor oil. Then apply the cloth to the area which needs treatment.

Protection should be made against soiling the bed clothing by putting a plastic sheet underneath the body. Then a plastic covering should be applied over the soaked flannel cloth. On top of that place a heating pad; turn it up to "medium" to begin with, then to "high" if the body tolerates it. Then perhaps it will help if you wrap a towel around the entire area. The pack should remain in place between one and one-and-a-half hours.

The skin should be cleansed afterwards by using a water solution prepared as follows: to a quart of water, add two teaspoons baking soda. Use this to cleanse the abdomen. Keep the flannel pack in a pan for future use. It need not be discarded after one application.

Frequency: ____ hours, ____ times per week. (To be filled in by attending chiropractor.)

Note: Take olive oil by mouth after every third treatment if directed, in amount tolerated.

EPSOM SALTS PACK INSTRUCTION SHEET

Dissolve as much epsom salts as will dissolve in the amount of water necessary to saturate a bath towel. Apply as hot as possible over the area indicated. Keep repeating the hot applications for two or three hours at each treatment.

Instead of repeating the hot applications, one may place a piece of plastic over the packs to prevent soiling, and then use an electric pad to keep the pack warm until the epsom salts have completely dried or have become caked in the pack.

GLYCO-THYMOLINE PACK INSTRUCTION SHEET

Use two to three thicknesses of cotton cloth well saturated with Glyco-Thymoline as purchased from your druggist. Apply this over affected areas or those areas specifically directed in your case. An electric pad may be used to keep the pack warm. The saturated cotton cloth should be applied first, then a piece of plastic to prevent soiling, and then the heating pad over that, with perhaps a towel on top to hold it in place.

This should be applied for twenty to thirty minutes, or

longer if directed. Do not apply the pack when the Glyco-Thymoline is cold; during cold weather you might place the bottle of Glyco-Thymoline in a pan of hot water to take the chill off.

These packs should be applied _____ times daily for _____ days.

PACKS AND OIL RUBS

The basic ingredients are equal amounts of melted mutton tallow (lamb fat), spirits of camphor and spirits of turpentine. This was frequently used over the neck, throat, soles of feet, lower back area (kidneys). Tincture of benzoin (an equal amount) was often included in this combination. A warm flannel cloth is placed over the affected area, or a hot salt pack (heavy salt). (Occasionally an electric heat pad was used.)

For distress across small of back and hips, apply saturated solution of soda and vinegar (apple vinegar). This, of course, ferments immediately, but apply to the body in solution - that is, when the vinegar has taken up as much as it would hold. Then apply the heat from salt packs (damp) to the body. This was recommended to relieve pain between the shoulders, and at lesions in the upper cervical, lower cervical and upper dorsal spine.

THE APPLE DIET

(from the January, 1969 Supplement)

The apple diet, as mentioned in the Edgar Cayce readings, is intended as a purifying and cleansing diet rather than a means of losing weight. The loss of weight is a natural result of cutting down the intake of food, when taking the apple diet, but no readings recommend the diet for this specific purpose.

780-12 (F. 55 yrs., Hypertension: Toxemia)

> "We would use first the apple diet to purify the system; that is, for three days eat nothing but apples of the Jonathan variety if possible. This includes the Delicious, which is a variety of the Jonathan. The Jonathan is usually grown farther north than the Delicious, but these are of the same variety, but eat some. You may drink coffee if you desire, but do not put milk or cream in it, especially while you are taking the apples.
>
> "At the end of the third day, the next morning take about two tablespoonsful of olive oil." 780-12 (Note: The Jonathan is a fall ripening apple and stores well.)

1850-3 (F. 32 yrs., Bronchitis; Constipation:Headaches)

> "Then, after the fifth or sixth day, eat only apples - raw apples - for three days! Coffee may be taken with same if so desired, but not with milk or cream or sugar in it! Also leave off the milk and bread when the apples are being taken. This is to cleanse the activities of the liver, the kidneys, and the whole system - where there has been disturbance.
>
> "On the evening of the third day of the apple diet - take internally half a teacup full of olive oil!
>
> "Then, after that do not overgorge the system when beginning to eat again. Have rather a normal diet, but not too rich nor too highly seasoned foods...
>
> "Be active in the open, but not so as to overstrain the body during the period of the fast and of the apple diet." 1850-3

820-2 (M. 25 yrs., Toxemia)

Q-8. "Please give outline of correct diet."

A-8. "Balance the diet as indicated. Have a great

deal of the stimulations from the whole wheat, citrus fruits, and vegetables that are green and raw. Not too much of the meats. No raw apples; or if raw apples are taken, take them and nothing else - three days of raw apples only, and then olive oil and we will cleanse all toxic forces from any system! Raw apples are not well unless they are of the jenneting variety.* Apples cooked, apples roasted, are good." 820-2

567-7 (M. 26 yrs., Epilepsy; After-effects of Intestinal Worms)

Q-4. "Any indication of tape worm?"

A-4 "No indication of tape worm. There is an indication that there has been stomach worms and intestinal worms, as indicated from the walls of the intestines - especially in the caecum and lacteal duct areas; but not tapeworm. These indications are from those cohesions and adhesions, this drawing of tissue or tendency of tissue to be disturbed is from the infectious forces of such conditions, not from tape worm."

Q-5. "Any other advice for this body?"

A-5. "If there is the desire on the part of the body to test self for tape worms, live for three days on raw apples only! Then take about half a teacup of olive oil, or half a glass of olive oil. And this would remove fecal matter that hasn't been removed for some time! But it will certainly indicate there is no tape worm." 567-7

1158-31 (F. 51 yrs., Menopause)

Q-16. "Why did the apple diet fail [as a 3-day purge] and was it harmful?"

A-16. "As we find, this would not have failed if there had not been the needs for undue changes during these periods. It is often necessary for this to be repeated more than once, to become really effective." 1158-31

1206-8 (F. 13 yrs., Eliminations: Assimilations: Poor)

"As to apples - as we have indicated oft - these are not best for most people, except under conditions where they are advisable to be taken alone as a diet

---

*GDT's note: a dictionary of obsolete words gives re jenneting: "A jenneting pear - an early pear resembling the jenneting apple." Webster's New Twentieth Century Dictionary: "jenneting, n. [so named for being ripe on St. John's day, June 24] a species of early apples." Other dictionaries define jenneting as late ripening.

for the eliminations, or where certain characters of apples or their products are taken. Hence for this body, these we would leave off." 1206-8

1498-1 (F. 37 yrs., Childbirth: After-effects; Toxemia; Pelvic Disorders; Neurasthenia; Adhesions)

"No raw apples unless they are taken as an only diet - that is, only apples as the diet and nothing else - for a cleansing of the system." 1498-1

1713-21 (F. 41 yrs., Acidity; Assimilations: Eliminations: Incoordination)

"Keep the eliminations better, though there may be the necessity for the greater use of enemas for the evacuating through the stool itself. Or there may be the use of citrus fruit juices in quantities; but this would necessitate,then, that there be not too great an activity, and that nothing else be taken but the citrus fruit for five days. This would include only oranges, or oranges with lemons - no other foods - for five days. Just how many? As many as the body wants to take!

"Or the body may eat only apples for three days. No other foods except water or the like.

"Or, if preferable, the body may go on a grape diet for four days; only grapes (with the seeds removed, of course) and no other food for at least four days.

"Either of these would be effective for the body. It may choose either one.

"But after either of these - that is, on the evening of the last day of such a diet - take half a teacup of olive oil. This would cleanse the system from the impurities, preventing the inclinations for gas formation and for this regurgitation that is taking place in the lower portion of the duodenum ..."

Q-3. "Why does the part around the right colon bother me?"

A-3. "As indicated, this is a filling of same - or an incoordination of the eliminating channels with the activities of the organs themselves. Hence, as we find, we would use one or the other of the three modes or manners of producing the better coordination." 1713-21

2423-1 (M. 52 yrs., Assimilations: Poor: Cured)

"First, have a cleansing diet - that is, during the first five-day period of taking the Atomidine,

go on an apple diet for three days. Take all the body may eat for three days, only raw apples - this the entire diet for three days, you see. Then on the evening of the third day, at time of retiring, take a tablespoonful of pure olive oil." 2423-1

3673-1 (F. 24 yrs., Eliminations: Incoordination; Nervous System: Incoordination; Spine: Subluxations)

"Here, one good eliminant for this body would be to go on the apple diet - at least every three months; that is, eat nothing for three days except raw apples, preferably the Jonathan variety or a kindred variety. Follow this with at least two to three teaspoonsful of olive oil; that is, after the three days. This is to change the activity through the whole alimentary canal." 3673-1

543-26 (F. 29 yrs., Epilepsy)

"For this [eliminations], then, as we find, occasionally - not too often - take the periods for the cleansing of the system with the use of the apple diet; that is:

"At least for three days - two days or three days - take nothing except apples - raw apples! Of course, coffee may be taken if so desired, but no other foods but the raw apples. And then after the last meal of apples on the third day, or upon retiring on that evening following the last meal of apples, drink half a cup of olive oil.

"This will tend to cleanse the system.

"Raw apples otherwise taken (except at such cleansing periods) are not so well for the body; though olive oil in small quantities taken at other periods is not so bad - is rather beneficial, as it is a food for the intestinal system by absorption as much as by activity upon the organs of the assimilating forces; but the smaller doses are the better." 543-26

"Do not attempt to use the apple diet as a cleanser, if using the [castor] oil packs ...

"But do not mix the two courses; either follow the one or the other!" 543-27

1409-9 (F. 66 yrs., Debilitation: General; Neuritis: Tendencies)

"It would be well for this body, even after this [castor oil packs], to have a three-day apple diet. Even in its weakened condition we need to clear the system. For this will get rid of the tendencies for

neuritic conditions in the joints of the body. Also take the olive oil after the three-day diet. But don't go without the apples - eat them - all you can - at least five or six apples each day. Chew them up, scrape them well. Drink plenty of water, and follow the three-day diet with the big dose of olive oil ... first the system needs cleansing with the [castor] oil packs and then the apple diet, before beginning to build it up."

1409-9

1621-1 (M. 50 yrs., Assimilations: Eliminations: Incoordination; Spine: Subluxations; Toxemia)

"First we would begin, then, by a carefully conducted activity as related to the diet, to cleanse or purify the system. As we find, this would be a combination of an apple diet only and vegetables, see?

"Then, first:

"Mornings - only citrus fruit juices, with a very little of other things.

"Noons - only raw vegetables, combining not those of some natures but rather any or all of these: lettuce, celery, radish, mustard, spinach, cabbage and the like. Tomatoes, peppers and onions may also be included. These may be taken with a dressing, preferably with a mayonnaise.

"Evenings - only raw apples!

"Keep this up for about four or five days.

"Then, even though the diet has begun or may have begun to produce greater eliminations, we would have a thorough cleansing of the colon with high irrigations. This need not be done - if there is the repeating of this five day diet of the vegetables and the apples in a month - it may not be necessary to have the colon irrigation or colon eliminations until the next period when this purifying is done."

1621-1

1622-1 (F. 68 yrs., Anemia; Assimilations: Eliminations: Incoordination; Spine: Subluxation; Toxemia)

"We would cleanse the alimentary canal as related to the effect of the gastric flow through the stomach and throughout the duodenum. This may be done through the cleansing by the method of the apple diet - raw apples; requiring about three days. Eat nothing but raw apples, you see, for three days - each meal for three days. Then at bedtime on the evening of the third day, take half a cup (teacup) of pure olive oil.

"Then leave off this diet, but it may be repeated once a month for two or three months; three days each month, you see, and then left off." 1622-1

1187-8 (F. 57 yrs., Hemorrhage: Cerebral: After-effects)

Q-1. "Should the body eat raw apples, or depend upon raw vegetables, etc., as a laxative?"

A-1. "Raw vegetables are preferable; though the body may if it so desires - after it has had two to three days of stirring around - go on an apple diet!" 1187-8

1597-2 (M. 32 yrs., Assimilations: Poor; Worms: Pinworms)

"First, we would have a period of at least three days when nothing would be eaten by apples! preferably the Jonathan variety, or such natures. Not the [Winesap] but any of the Jonathan variety. Of course, water may be taken, but do not drink milk especially through the period; though a little coffee may be taken if desired, or even a cereal drink if desired might be taken; but the diet itself should be just apples. Eat just as many as desired.

"On the evening of the third day, take half a tea cup of olive oil, pure olive oil." 1597-2

SUPPLEMENTAL MATERIAL

The following publications, which can be ordered from the A.R.E. Press, are recommended:

"Acid-Alkaline Balance," Genevieve M. Haller, D.C. (C116*, 50¢)

"The Body is the Temple," Gladys Davis Turner (C106, 35¢)

"Chiropractic from the Cayce Records," Gladys Davis Turner (C113, 35¢)

A Commentary on the Book of THE REVELATION (material on glandular centers; B15, $5.00)

A Diet/Recipe Guide, Anne Read & Carol Ilstrup (B35, $1.50)

Edgar Cayce and the Palma Christi (treatise on castor oil packs), Wm. A. McGarey, M.D. (B41, $3.95)

"Feast or Famine?" Genevieve M. Haller, D.C. (C111, 35¢)

The Normal Diet, Margaret Gammon (B4, $1.25)

Physician's Reference Notebook, Vol. I (Chiropractic Edition; $9.00)

*order number